

VIRTUAL SOUP RECIPES

COURTESY OF OUR COLLABORATIVE!

SOUP AND STATIONS FOR LENT 2021!



Deacon's Modified Emeril's Chowda

- 1/2-pound bacon
- 2 cups chopped onions.
- 2 stocks of chopped celery.
- 1 carrot chopped.
- A few bay leaves.
- garlic clove or more
- 1 tablespoon thyme.
- 1/4 cup flour
- 1/8 pound of butter (1/2 stick)
- 3 or 4 potatoes medium diced
- 4 cups clam juice
- 2 cups light cream
- 3 pounds little neck clams, about 24 pieces**
- 2 tablespoons finely chopped parsley
- Salt and pepper

***Instead, I use 4, 10 oz. cans of Bumble Bee whole clams and two bottles of Bumble Bee Clam Juice. Each can of clams also have several oz. of juice that I use, while holding the clams. I then add water to cover the potatoes
You can also boil/steam 3 pounds of washed clams in water until they open and use that water for clam juice.*

Fry the bacon in a large pot until crisp. Remove & save bacon, cut into little pieces. Sauté carrots for a minute or two. Add onions and celery and sauté until tender. Add garlic and bay leaf and stir in flour. Add diced potatoes and clam juice. Cover the potatoes, if needed, with a little bit of water. Bring to a boil and cook over medium heat for ~ 45 minutes.

Add the clams, the cream ...stir while heating but do not boil. Shut off heat & let it settle for ½ hour. Add parsley, some pepper and salt. Ladle into bowls and microwave to desired temp. Sprinkle with bacon bits.

SOUP: You can use beef or chicken broth! Even during Lent!

In 1966 Pope Paul VI reorganized the Church's practice of public penance in his "Apostolic Constitution on Penance" (*Poenitemini*). The 1983 revision of the Code of Canon Law incorporated the changes made by Pope Paul.

To sum up those requirements, Catholics between the ages of 18 and 59 are obliged to fast on Ash Wednesday and Good Friday. In addition, all Catholics 14 years old and older must abstain from meat on Ash Wednesday, Good Friday and all the Fridays of Lent.

Abstinence forbids the use of meat, but not of eggs, milk products or condiments made of animal fat. **Bacon fat is OK.**

Abstinence does not include meat juices and liquid foods made from meat. Thus, such foods as chicken broth, consommé, soups cooked or flavored with meat, meat gravies or sauces, as well as seasonings or condiments made from animal fat are not forbidden. So, it is permissible to use margarine and lard. Even bacon drippings which contain little bits of meat may be poured over lettuce as seasoning.

Joan's Broccoli Cheddar Soup

INGREDIENTS

4 T. butter

1/2 onion, chopped

1 stalk celery, sliced thin

1 C matchstick (shredded) carrots

1/4 t. salt

Pinch pepper and garlic (to taste)

1/4 C. flour

3 C. lightly steamed chopped broccoli florets

2 C. chicken stock

2 C. milk (or half and half)

1 t. 'better than bullion' paste (or one crushed chicken bouillon cube)

8 oz. (about 2 cups) shredded extra sharp cheddar

3 T. shredded smoked Gouda cheese

Pinch ground nutmeg

DIRECTIONS

Melt butter in a large saucepan. Add onion, celery, and carrots and cook over medium heat until vegetables are limp. Add salt, pepper and garlic to taste.

Stir in flour and stirring constantly, let it cook with the vegetables another 3-4 mins. Add broccoli florets.

Combine chicken stock, milk (or half and half), and 'better than bullion' paste. Slowly add to the vegetable/flour mixture.

Bring mixture to boil, then turn down to simmer for 20 mins.

Add shredded extra sharp cheddar, smoked Gouda cheese, and pinch of ground nutmeg. Cook on low until blended – about 10 mins.

Gail's Fish Soup

one lb. white fish

4 medium potatoes cut small

1 large onion chopped

1 can of evaporated milk or fresh milk

2 cups of half and half

salt and pepper to taste

1/2 stick of butter

Cook the potatoes and onions in enough water to cover them for about 20 mins. Add fish and cook until it flakes apart... about 10 mins. Add milk, butter, and salt/pepper. Simmer until hot.

Trish's Broccoli Cheddar Soup

¼ cup unsalted butter
½ cup diced onions (yellow or white)
1 cup shredded carrots
2 ½-3 cups broccoli florets, chopped small
2 cups chicken or vegetable broth
1 cup milk
½ cup light cream
¼ cup all-purpose flour
1 tsp sea salt
½ tsp black pepper
pinch of crushed red pepper flakes (or more as desired)
1-2 cups shredded cheddar cheese (depending on how cheesy you like)

1. Chop vegetable in food processor or by hand.
2. In a large pot over medium high heat melt the butter. Add in onion, carrots, and broccoli. Cook to soften – about 5 minutes. It may take more less time depending on the size of the cut vegetables.
3. Slowly add in broth, milk and cream. Sprinkle with flour, add salt, pepper, and red pepper flakes. Continue to stir over medium heat until thickened – about 10 minutes.
4. Once thick, add cheese and stir until melted.

Arthur's Corn Chowder

1 peeled medium onion, thinly sliced canned corn-3 8oz. cans (2 whole kernel, 1 creamed corn)

4-5 medium sized white potatoes, peeled+diced

1 8oz. can cream of mushroom soup

1+1/2 cups milk + 1+1/2 cups Half N' Half (or 3 cups of either)

1 tsp. salt and dash of pepper

Olive oil for cooking

DIRECTIONS

Prepare potatoes first. Boil separately until fork tender in 2 qt. saucepan. Drain off water.

Add sliced onion, potatoes, canned corn with its liquids in a 4 qt. pot. with adequate olive oil.

Cover and bring pot contents to boil-allowing onions to tenderize.

Add milk/ Half N' Half, can of soup, salt+pepper to pot.

Cook on burner top at high heat. Bring to quick boil, constantly stirring pot contents.

Reduce heat to simmer.

Todd's Secret Corn Chowda

1 frozen bag of yellow and white sweet corn

2 cans cream of corn

2 cans Mexican corn

2 cans sweet corn

STOCK

1 pound bacon (diced)

1-2 pounds of Yukon gold potatoes

1 red pepper (cut into 1/2 inch pieces)

1 large Vidalia sweet onion (diced)

Enough milk to fill a medium size pot

1 cup heavy cream

Dissolve 2 chicken bouillon cubes in only 1 cup water.

Mix with 3 tbsp. of corn starch into the bouillon

1 stick of butter
1 handful of sugar
salt and pepper
hot sauce

Medium Size Pot

In medium size pot, cook diced bacon
Remove bacon and set aside.
Cook potatoes, onion, and red pepper with salt and pepper in bacon grease for about 15 minutes (here I add some hot sauce to taste)

Crock Pot

Place the stick of butter in crock pot on low heat
Add the hot water with the bouillon and let sit turned on low heat.
Once the butter is melted add all the corn and the sugar to crock pot.
Stir and let sit for about 10 minutes.

Once the potatoes are done, add the potatoes, onion, and pepper to crock pot and stir well.
Then add the milk and heavy cream along with desired hot sauce.
Then add the corn starch and bouillon mixture.
Once this is all added to the crock pot, mix gently and then every 30 minutes or so, stir with a whisk. (It will clump up on you, so you need to whisk until the chowder is nice and thick!)

Ellen's Black Bean and Rice Soup

Prep: 10 mins
Total: 20 mins
Serving: 7

INGREDIENTS

2 cans (15 ounce each) black beans, undrained, divided
3 cups water
½ cup chopped onions
1 envelope (0.7 ounce) Good Seasons Italian Dressing Mix
1 ½ cups instant brown rice, uncooked

Directions: Blend 1 ½ cans beans in blender until smooth. Pour into large saucepan. Add: remaining beans, water, onions and dressing mix, stir until well blended. Bring to boil on medium-high heat. Stir in rice, cover. Simmer on low heat for 5 minutes or until heated through, stir.

Ellen's Classic Slow Cooker Corn Chowder

Prep: 15 mins

Cook: 4 hrs.

Total: 4 hrs. and 15 mins

Serving: 8

INGREDIENTS

3 cups milk

2 (14.75 ounce) cans cream-style corn

2 (10.75 ounce) cans condensed cream of mushroom soup

2 (4 ounce) cans chopped green chiles

2 cups frozen corn

2 cups frozen shredded hash brown potatoes

2 cups of shrimp (original recipe calls for 2 cups cubed cooked ham but use the shrimp during Lent)

1 large onion chopped

2 tablespoons butter

2 tablespoons hot sauce

2 teaspoons dried parsley

1 teaspoon chili powder

Salt and ground pepper to taste.

Directions: Stir milk, cream-style corn, cream of mushroom soup, chopped green chiles, frozen corn, hash brown potatoes, shrimp, onion, butter, hot sauce, parsley, and chili powder in a slow cooker. Season with salt and pepper. Cover and cook on high for 4 hours or on low for 6 hours.