

Gail's Famous Minestrone Soup

From Gail Trimble, Heritage Presbyterian

- 1/2 cup onions, chopped
- 2 large garlic cloves, minced
- 1 (28 oz.) can Italian plum tomatoes, chopped
- 1 (6 oz.) can tomato paste
- 6 cups water
- 1/4 cup fresh parsley
- 1 bay leaf
- 1 tablespoon dried basil
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups chicken stock
- 1 cup dry red wine
- 1 tablespoon Worcestershire sauce
- Dash of Tabasco
- 1 cup carrots, thinly sliced
- 1 1/2 cups zucchini, thinly sliced
- 3 celery stalks, chopped
- 1 (15 oz.) can red kidney beans, drained/rinsed
- 1/2 cup Acine de Pepe pasta, cooked

In a large soup stock pot, cook onion and garlic until transparent, in small amount of olive oil. Add tomatoes, tomato paste, water, and all dried seasonings. Bring to a boil, and simmer for 20 minutes. Add remaining liquids and fresh vegetables, and cook until vegetables are tender. Remove bay leaf. Add kidney beans and cook a few more minutes. Add cooked pasta just prior to serving. Sprinkle with parmesan cheese. Serve with crusty bread.

Makes about 13 cups.

Creamy Italian Sausage and Potato Soup

Jean Roberts, Calvary Presbyterian Church

- 1 pound mild Italian sausage
- 1 cup heavy cream
- 2 pounds Russet potatoes, diced
- 1/2 cup parmesan cheese, shredded
- 6 cups low-sodium chicken stock
- Kosher salt and black pepper, to taste
- 3 cups chopped kale or spinach
- Olive oil for garnish

Brown and crumble Italian sausage in a large stock pot or Dutch oven over medium high heat. Remove sausage with a slotted spoon and drain excess drippings from pot.

Return sausage to pot and add potatoes, chicken stock, 1/2 tsp salt and 1/4 tsp black pepper. Bring to a boil and reduce heat to medium. Cook until potatoes are tender, about 10-12 minutes.

Use a slotted spoon to remove 1/2 of the potatoes from the pot. In a separate bowl, mash potatoes then return them to the pot. Stir in kale or spinach leaves, heavy cream and more salt and pepper to taste. Cook until kale/spinach is tender, about 2-3 minutes.

To serve, garnish with shredded parmesan cheese, black pepper and a drizzle of olive oil.

(To save on carbs, substitute fresh mushrooms for the potatoes. Delicious.)

Serves 6

Butternut Bisque

Mount Vernon Presbyterian

- 3 tablespoons butter
- 1 medium onion, chopped
- 2 garlic cloves, sliced
- ½ tsp. dried thyme
- ¼ tsp ground cinnamon (can substitute ground nutmeg, if desired)
- ¼ tsp (or less) cayenne pepper (optional)
- Course salt
- 1 large butternut squash, peeled, seeded, and cut into 1" cubes or pkgs. of small butternut squash cubes (totaling about 4 pounds)
- 1 (14.5 oz.) can chicken broth
- 1 cup half and half
- 1 tablespoon (or less) fresh lemon juice
- (Sour cream for serving)

In a large saucepan over medium heat, melt butter. Add onion, garlic, thyme, cinnamon, and cayenne. Season with a bit of salt and cook, stirring occasionally, until onion is softened, about 5-7 minutes.

Add squash, broth, half and half, and 3 cups water. Bring to a boil; reduce to a light simmer and cook until squash is tender, about 20 minutes.

Working in batches, puree in a blender or use immersion blender, until smooth. Stir in lemon juice and salt (both to taste). Serve with sour cream, if desired.

Serves 6-8

Chicken Noodle Soup

Bush Hill Presbyterian Church

- 2 tablespoons olive oil
- ½ cup diced onions
- 4 stalks celery, thinly sliced
- 4 medium carrots, thinly sliced
- 3 small boneless, skinless chicken breasts (cooked)
- 1 (32 oz.) box of organic chicken broth (low sodium if preferred)
- 4 cups water
- 4 oz. Angel Hair pasta
- ¼ cup chopped fresh dill
- 2 tablespoons lemon juice

In a large pot, heat the oil on medium-high heat. Add onions, celery, and carrots. Season with salt. Cook 6 mins., stirring often.

Meanwhile, chop the chicken into ½ inch chunks.

To the pot, add the broth and water. Heat to a boil. Add chicken to the pot. Reduce heat and simmer 8 mins, stirring occasionally.

Break the pasta into 1-inch pieces and add to pot. Cook 6 mins. until pasta is tender, stirring often. Season with salt and pepper.

To serve, stir in the dill and lemon juice.

Serves 6