

## **Tuesdays with Jesus, Week 1: February 23, 2021**

2 Soup suggestions

*Crockpot Chicken Taco Chili* and *White Bean, Potato, Kale Soup*

### **Crockpot Chicken Taco Chili**

[www.skinnytaste.com](http://www.skinnytaste.com)

Serves 10

#### **Ingredients:**

- ☐ 1 small onion, chopped
- ☐ 1 (15.5 oz) can black beans, drained
- ☐ 1 (15.5 oz) can kidney beans, drained
- ☐ 1 (8 oz) can tomato sauce
- ☐ 10 oz package frozen corn kernels
- ☐ 2 (10 oz) cans diced tomatoes w/chilies
- ☐ 4 oz can chopped green chili peppers, chopped
- ☐ 1 packet reduced sodium taco seasoning
- ☐ 1 tbsp cumin
- ☐ 1 tbsp chili powder
- ☐ 24 oz (3) boneless skinless chicken breasts
- ☐ 1/4 cup chopped fresh cilantro

#### **Directions:**

1. Combine beans, onion, chili peppers, corn, tomato sauce, diced tomato, cumin, chili powder and taco seasoning in a slow cooker and mix well.
2. Nestle the chicken in to completely cover and cook on LOW for 8 to 10 hours or on HIGH for 4 to 6 hours.
3. Half hour before serving, remove chicken and shred.
4. Return chicken to slow cooker and stir in.

5. Top with fresh cilantro and your favorite toppings! ( I like cilantro, sour cream, chopped onions and shredded cheese)

Submitted by Laurie Roby

## **White Bean, Potato, Kale Soup**

### **Ingredients:**

- 2 tablespoons olive oil
- 1 yellow onion, chopped
- 2 tablespoons chopped garlic
- 1 bunch kale, stems removed and leaves chopped (use spinach as alternative)
- 8 cups water
- 6 cubes vegetable bouillon (such as Knorr)
- 1 (15 ounce) can diced tomatoes

- 6 white potatoes, peeled and cubed
- 2 (15 ounce) cans cannellini beans (drained if desired)
- 1 tablespoon Italian seasoning
- 2 tablespoons dried parsley
- salt and pepper to taste

**Directions:**

Heat the olive oil in a large soup pot; cook the onion and garlic until soft. Stir in the kale and cook until wilted, about 2 minutes. Stir in the water, vegetable bouillon, tomatoes, potatoes, beans, Italian seasoning, and parsley. Simmer soup on medium heat for 25 minutes, or until potatoes are cooked through. Season with salt and pepper to taste.

Submitted by Rev. Will Burhans

## **Tuesdays with Jesus, Week 2: March 2, 2021**

2 Soup suggestions

***Santa Fe Soup*** and ***Curried Butternut Squash Soup***

### **Santa Fe Soup**

Serves 10

2 lbs. or less ground turkey or beef  
1 onion chopped  
2 pkg Ranch dressing mix  
2 pkg Taco seasoning mix  
1 16oz can black beans, undrained  
1 16oz can kidney beans, undrained  
1 16oz can diced tomatoes with chilis, undrained  
1 16oz can tomato wedges, undrained  
2 16oz cans corn, undrained  
2 cups water

Brown meat and onion, add rest, simmer

Garnish suggestions

sour cream  
shredded cheese  
green onions  
taco chips

submitted by Marsha Lamson

### **Curried Butternut Squash Soup**

From Silver Palate cookbook

Serves 4

#### **Ingredients:**

4 tablespoons (½ stick) unsalted butter  
2 cups finely chopped yellow onions  
4 to 5 teaspoons curry powder  
2 medium-size butternut squash (about 3 pounds total)

2 apples, peeled, cored, and chopped  
3 cups chicken stock (can substitute vegetable broth)  
1 cup apple juice  
Salt and freshly ground black pepper, to taste  
1 shredded unpeeled Granny Smith apple, for garnish

**Directions:**

1. Melt the butter in a large heavy pot over low heat. Add the onions and curry powder and cook, covered, until the onions are tender, about 25 minutes.
2. Meanwhile, peel the squash (a regular vegetable peeler works best). Cut in half horizontally, scrape out the seeds, and chop the flesh.
3. When the onions are tender, pour in the stock, add the squash and chopped apples, and bring to a boil. Reduce the heat and simmer, partially covered, until the squash and apples are very tender, about 25 minutes.
4. Pour the soup through a strainer, reserving the liquid, and transfer the solids to a food processor, or use a food mill fitted with a medium disc. Add 1 cup of the cooking stock and process until smooth.
5. Return the pureed soup to the pot and add the apple juice and about 2 cups more stock, until the soup is of the desired consistency.
6. Season with salt and pepper, simmer briefly to heat through, and serve immediately, garnished with the shredded apple.

Submitted by Anne Hoenicke

## **Tuesdays with Jesus, Week 3: March 9, 2021**

2 Soup suggestions  
*Italian Sausage Soup* and *Hearty Lentil Soup*

### **Italian Sausage Soup** (from Allrecipes)

Serves 6

#### **Ingredients:**

1 pound Italian sausage  
1 clove garlic, minced  
28 oz. beef broth  
1 14.5 oz. can Italian-style stewed tomatoes  
1 cup sliced carrots  
1 14.5 ounce can great northern beans, undrained  
2 small zucchini, cubed  
2 cups baby spinach, or roughly chopped large leaf spinach  
1/4 teaspoon ground black pepper  
1/4 teaspoon salt

#### **Directions:**

1. In a large pot, brown sausage with garlic. Stir in broth, tomatoes and carrots, and season with salt and pepper. Reduce heat, cover and simmer for 15 minutes.
2. Stir in beans with liquid and zucchini. Cover, and simmer for another 15 minutes, or until zucchini is tender.
3. Remove from heat and add spinach. Replace lid allowing the heat from the soup to cook the spinach. Soup is ready to serve in 5 minutes.

Submitted by Maryann McCall-Taylor

### **Hearty Lentil Soup** From Allrecipes Serves 6

#### **Ingredients:**

- 1 onion, chopped
- 1/4 cup olive oil

- 2 carrots, diced
- 2 stalks celery, chopped
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 bay leaf
- 1 teaspoon dried basil
- 1 (14.5 ounce) can crushed tomatoes
- 2 cups dry lentils
- 8 cups water or stock
- ½ cup spinach, rinsed and thinly sliced
- 2 tablespoons vinegar
- salt to taste
- ground black pepper to taste

### **Instructions:**

- Step 1

In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, bay leaf, oregano, and basil; cook for 2 minutes.

- Step 2

Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat, and simmer for at least 1 hour. When ready to serve stir in spinach, and cook until it wilts. Stir in vinegar, and season to taste with salt and pepper, and more vinegar if desired.

Submitted by Sarah Gallop

## **Tuesdays with Jesus, Week 4: March 16, 2021**

2 Soup suggestions

***Slow Cooker Fall Harvest Chili*** and ***Sweet Potato Soup with caramelized onions***

### **Slow Cooker Fall Harvest Chili**

from the "Slow Cooker Gourmet"

Serves 6

a favorite served at FCCW Bean Soup Supper 2018

#### **Ingredients:**

- 1 pound ground chicken
- 15 ounces canned white kidney beans drained and rinsed
- 2 cups chicken broth
- 1 cup canned pure pumpkin (not pumpkin pie filling)
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1/2 teaspoon dried sage
- 1/4 teaspoon salt
- 1/2 pound parsnips peeled and chopped
- 1 pound butternut squash peeled and chopped

#### **Instructions:**

1. Prep parsnips and squash by peeling the skin and chopping into bite sized chunks
2. Brown chicken in skillet over medium high heat until fully cooked
3. Add to crock along with remaining ingredients and stir well
4. Cover and cook on low for 6-8 hours or high for 3-4 or until veggies are to desired tenderness



# Sweet Potato Soup (with caramelized onions)

from *The New England Soup Factory Cookbook*  
Serves 8-12

## **Caramelized Onions:**

2 tbs salted butter  
2 large spanish onions, peeled and thinly sliced  
1/2 cup packed dark brown sugar  
Kosher salt and freshly ground black pepper, to taste  
1/4 cup balsamic vinegar

## **Soup:**

4 tbs salted butter  
3 whole garlic cloves, peeled and left whole  
2 cups sliced onions  
2 cups sliced carrots  
1/4 cup diced celery  
8 medium-large sweet potatoes, peeled and cut into chunks  
10 cups chicken stock (I used veggie)  
1/2 cup packed brown sugar  
1/2 tps ground nutmeg  
2 tb worcestershire sauce  
2 cups light cream  
1/2 cup sweet sherry wine (I used a fruity red)  
Kosher salt and freshly ground black pepper, to taste  
1 1/2 cups caramelized onions

**For the caramelized onions:** In a large saute pan, melt the butter over medium heat. Add the onions and saute for 18 minutes. Add the brown sugar, salt and pepper. Saute an additional 10 min. Add the vinegar and continue cooking until the vinegar starts to evaporate and the onions look thick and syrupy, 8 to 10 min more. Remove from the heat and let cool. If working ahead, the onions can be stored in a tightly covered container until ready to use.

**For the soup:** In a stockpot, melt the butter over medium-high heat. Add the garlic, onions, carrots, and celery. Saute for 10 min. Add the sweet potatoes and saute 5 min more. Pour the stock over the veggies and bring to a boil. Reduce the heat to medium and simmer until the sweet potatoes are very soft, 30 to 35 min. Puree in the soup in the pot using a hand blender (Buy one if you don't have one; it will change your life) OR working batches with a regular blender until smooth. Add the brown sugar, nutmeg, worcestershire sauce, light cream, sherry (wine), salt and pepper. Puree again until well combined. Stir in the caramelized onions with a spoon.

Submitted by Lynne Rahmeier



## **Tuesdays with Jesus, Week 5: March 23, 2021**

2 Soup suggestions  
***Chili Soup*** and ***Roasted Butternut and Coconut Soup***

### **Chili Soup**

From Allrecipies.com  
Serves 12

#### **Ingredients:**

- 3 pounds ground beef (or ground chicken)
- 1 ½ cups chopped onion
- 2 potatoes, cubed
- 4 (15 ounce) cans kidney beans
- 4 (10.75 ounce) cans condensed tomato soup
- 8 cups tomato juice
- 3 teaspoons chili powder
- 8 cups water
- salt to taste

#### **Directions:**

In a large pot over medium heat, combine the ground beef and onions. Saute for 5 minutes, or until meat is browned. Drain excess fat and add the potatoes, beans, tomato soup, tomato juice, chili powder, water and salt to taste. Bring just to a boil and reduce heat to low. Simmer for 1 hour and serve.

Submitted by Maria Fernando

# **Roasted Butternut & Coconut Soup with Chèvre Yogurt**

From Green Kitchen Stores

*Serves 4*

This soup is topped with chèvre yogurt, which is really delicious. But if you are vegan you can of course just leave it out or replace it with a vegan alternative.

*1 butternut squash or hokkaido pumpkin  
1 can (1 3/4 cup / 400 ml) coconut milk  
1 cup (240 ml) boiling water  
1 sprig fresh rosemary (save 1/2 for serving)  
1/2 – 1 inch (1-2 cm) fresh ginger, peeled and grated  
2 tbsp apple cider vinegar  
sea salt & freshly ground black pepper, to taste*

## **Chèvre yogurt**

*150 g soft chèvre cheese (goat's cheese)  
4 tbsp yogurt of choice*

Preheat the oven to 400°F/200°C.

Divide the butternut in half with a sharp knife and remove the seeds with a spoon. Place both halves on a baking tray, cut side down. Bake in the oven for 25-40 minutes (depending on the size of the butternut). The halves are ready when the skin is bubbly and slightly browned. Prepare the chèvre yogurt by whisking the ingredients together in a small bowl. Remove the butternut from the oven, let cool for a couple of minutes. Spoon out the flesh and place in a food processor or strong blender together with the rest of the ingredients, blend on high speed until completely smooth. Add extra water, if desired. Season to taste. Return the soup to a pot to keep warm, if necessary. Serve in bowls with a dollop of chèvre yogurt and some freshly ground black pepper.

Submitted by Linda Alexander

## **Tuesdays with Jesus, Week 6: March 30, 2021**

2 Soup suggestions  
*Chicken-Tomato Chowder* and *Carrot and Ginger Soup*

### **Chicken-Tomato Chowder**

*Makes 4 servings*

#### **Ingredients:**

4 teaspoons olive oil

2 carrots thinly sliced

6 scallions, chopped

2 celery stalks, chopped

2 garlic cloves, minced

One 14 ½ -oz. can crushed tomatoes

2 cups chicken broth

2 medium all-purpose potatoes, peeled and cubed

½ teaspoon marjoram

¼ teaspoon dried oregano

¼ teaspoon freshly ground pepper

½ pound skinless boneless chicken breast, cut into bite-sized pieces

½ cup canned cannellini beans, rinsed and drained

2 tablespoons chopped parsley

#### **Directions:**

In a medium saucepan, heat 2 teaspoons of the oil. Sauté the carrots, scallions, celery, and garlic until softened 5-7 minutes. Stir in the tomatoes and broth;

bring to a boil, then stir in the potatoes, marjoram, oregano, and pepper. Reduce the heat and simmer, covered, until the potatoes are tender, 15-20 minutes.

Meanwhile, in a medium skillet, heat the remaining 2 teaspoons of the oil. Sauté the chicken until cooked through, 6-8 minutes. Stir into chowder; stir in the beans and parsley. Simmer gently until heated through, about 5 minutes.

Submitted by Kaye Nash

## **CARROT AND GINGER SOUP**

From New England Soup Factory Cookbook

Serves 8-10

### **Ingredients:**

- 3 Tbls butter
- 2 whole cloves garlic, peeled
- 1 large Spanish onion, peeled and diced
- 2 ribs celery, sliced
- 3 pounds carrots, peeled and sliced
- 3 Tbls peeled and chopped fresh ginger
- 8 cups chicken or vegetable stock
- 1 tsp ground coriander
- 1 tsp ground ginger
- 1/2 cup honey
- 1.5 cups heavy cream
- kosher salt and fresh ground black pepper

### **Directions:**

1. In a large, heavy bottomed stockpot over medium high heat, melt butter. Add garlic, onion, celery, carrots, and ginger root. Saute 10 minutes, stirring frequently.
2. Pour the stock over the vegetables and bring to a boil. Lower heat slightly and simmer until the carrots are soft and tender, 30 - 35 minutes. Remove from heat.
3. Add coriander, ground ginger, and honey. Puree the soup in the pot using a hand blender or working in batches with a regular blender until smooth. Add the heavy cream and season with salt and pepper. Stir until the ingredients are well combined.

Submitted by Liz Sayre

