

# S•O•U•P•S

## BUTTERNUT BEVY

Courtesy of Common Ground Restaurant at the Heritage House

1-2/3 lb. Butternut squash  
2 cups Water  
2 cups Onions  
1/4 lb. Butter  
1 tsp. Thyme  
1/2 tsp. Black Pepper  
1/2 tsp. Ginger Powder  
1-3/4 tsp. Salt  
2-1/4 tsp. Tamari  
2/3 cup Heavy Cream  
2/3 cup Half & half  
1/3 cup Flour  
1-1/4 cup Feta Cheese

Boil peeled and cored squash in water until soft. Sauté onions in butter with thyme, pepper and ginger. Make white sauce with heavy cream, half & half, and flour. Blend into squash along with tamari and salt. Mix in onion mixture. Add feta to the pot immediately before serving. Makes six large servings.

## CHICKEN STEW

Chicken breast – 5 to 6 chicken breasts or tenderloins  
1 can of mixed vegetables – corn, peas, carrots, potatoes  
1 box of chicken broth  
1 family size can of cream of chicken soup  
1 small container of sour cream  
1 large jar of Cheese Whiz or small box of Velveeta  
Italian dressing mix

Cook chicken breasts in Italian dressing mix and a little oil. Mix all other ingredients and cook slowly so cheese doesn't stick.

## POTATO SOUP WITH HAM

2 cups red potatoes, peeled & cubed  
3 tablespoons butter  
1 small onion, chopped fine  
3 tablespoons flour  
Cayenne pepper  
Black pepper  
3 cups milk  
1/2 teaspoon salt  
1 cup cooked, cubed ham  
1 cup shredded cheddar cheese, (4 ounces)  
Fresh chopped parsley or chives for garnish, if desired

Cook potatoes in boiling water until tender. Drain; reserve 1 cup of the liquid. Melt butter in a saucepan over medium heat. Add onion; cook, stirring, until tender. Stir in flour; season with red and black pepper.

Cook for about 3 more minutes, stirring. Add potatoes, reserved liquid, milk, and salt; stir well. Add ham; simmer for 5 minutes, stirring frequently.

Remove from heat and let cool for about 5 minutes. Add cheese; stir until melted. Top with fresh parsley or chives, if desired. Serves 3 to 4.



## STUFFED CABBAGE SOUP

Extra Virgin Olive Oil  
1 1/2 cups instant rice  
2 Boxes of chicken stock \*depending on how "soupy" you want your soup determines how much you'll use  
1 lb. each of sausage and hamburger meat  
1 1/2 teaspoons allspice  
2 teaspoons dried cilantro  
1 palm full of paprika  
Salt to taste  
White pepper to taste (black is fine too)  
2 bay leaves  
1 large onion, coarse chopped  
3 or more spoonfuls of chopped garlic in a jar (= 3 cloves of garlic)  
1 bag of matchstick carrots  
1 head cabbage, thinly sliced  
1 (28-ounce) can diced tomatoes  
2 cups tomato sauce  
\*I also throw in around a 1/2 tablespoon of Watkins dill weed and onion powder

In a small saucepan, boil 1-1/2 cups chicken broth. Add in equal part instant rice. Let it do its thing.

In a big soup pot, with your stove set to medium high heat, add a light coat of extra-virgin olive oil and brown the meat. Flavor the meat with allspice, cilantro, paprika, salt and pepper. Once the meat is cooked, leave what little grease is in the pot there. Throw in the bay leaves, onions, garlic, cabbage and carrots. Turn the veggies and meat and let the cabbage wilt and the carrots soften. (around 10 minutes or so) Add tomatoes, tomato sauce, and enough stock so that you have some juice, but remember to keep this on the thick side! \*It's easier to add extra if needed! Crank up the heat a little, put a lid on the pot and let it start to boil for around 10 minutes. Dump the rice in and mix it up, continuing to simmer for 2 to 3 minutes. Stir in dill weed and onion powder. Taste the broth to determine if you need any more salt and pepper. (Judge what needs to be added by tasting the broth!!!)

I highly recommend letting this sit on the stove for an additional 30 minutes with the heat off so that the flavor gets absorbed into everything.

We eat this with garlic toast.

One more note—it's even better the next day! This will feed a pretty good bunch of hungry people.