



ST PAUL'S CATHEDRAL



# Lenten Soup Collection

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FAVORITE SOUPS FOR US  
TO ENJOY TOGETHER  
VIRTUALLY DURING OUR  
WEDNESDAY NIGHT LENTEN  
DINNERS

**Doctored Lentil Soup**  
**Edie Schneeberger and Gail Garloch**

Ingredients:

1 can Progresso lentil soup. (Not lentil with veggies)  
1/4 lb ground beef  
1/2 small can Rotel  
1/2 bag fresh spinach chopped  
Chopped onion to taste  
Cooked cubed potatoes to taste

Instructions:

Brown ground beef and onions together. Add Rotel and Progresso soup. Add at least one Rotel can full of water and cook over medium heat for a bit. I rinse the soup can and the Rotel can and put the water in the soup. Then add potatoes and spinach. This freezes well and is even better the second day after making. Add water if the mix is too thick. Leave out the ground beef if you are vegetarian.

**Chicken Soup with Couscous**  
**Kendall and Kyle Foster**

Ingredients:

6c of water  
1 large envelope of chicken noodle soup mix  
1 box of wild Rice-a-roni  
1-2 carrots chopped  
1-2 stalks celery chopped  
½c of chopped onion  
2 small cans of cream of chicken soup  
1c cooked chicken chopped (or you can use 2 cans of chicken mashed up)  
Sour cream  
1 box of couscous

Instructions:

In a large pot combine water, soup mix, and rice-a-roni (both rice and seasoning packet) and bring to a boil. Reduce heat to simmer and simmer for 10 minutes. Then add carrots, celery, and onion. Cover and cook for an additional 20 minutes. Add cream of chicken soup and chicken to the pot and cook for an additional 10 minutes. While the soup is cooking during the final 10 minutes, make the couscous according to the directions on the box. Fluff and set aside.

Note: instead of making on the stove you can add all ingredients (except for couscous and sour cream) to a crockpot and cook on low for 6 hours.

To Serve: In a bowl add the couscous, then soup, then top with sour cream.

**Potato Leek Soup**  
**Ashley and Charles Ozan**

Ingredients:

3 large leeks, washed and dark green parts/roots removed chopped  
3 large Yukon gold potatoes, peeled and chopped into 1-inch pieces  
1 medium yellow onion, chopped  
4 1/2c vegetable broth  
1/4c light cream  
3T butter  
2 cloves garlic, minced  
2T chives, chopped  
1/2t salt, or to taste  
1/2t black pepper  
1/4t cayenne, optional

Instructions:

Melt butter in 3-quart pot over medium heat. Add garlic, onion, and leeks. Cook until softened (about 5 minutes). Add potatoes, salt, pepper, and cayenne. Stir ingredients together, cover pot and cook an additional 5 minutes, or until potatoes begin to soften (about 5 minutes). Add broth, stir and bring to a boil. Reduce heat to a slow simmer. Cook until potatoes are completely soft (about 10 minutes). Either use an immersion blender, or ladle soup into a big food processor or blender. Blend until pureed and return to pot. You may have to work in batches, depending on how big your appliance is. Once pureed soup is returned to pot, reduce heat to low and stir in cream. Cook for an additional 3-5 minutes or until hot. Top with chives and serve.

Note: Cayenne pepper is optional. This will make the soup spicy. You can also add more or less cayenne to taste. You can also top with cooked and crumbled bacon, or drizzle with olive oil for extra flavor.

**Taco Soup**  
**Jana Plowman**

**QUICK & EASY TACO SOUP**



**Chicken Tortilla Soup**  
**Carole Godwin**

**Ingredients:**

- ½ onion diced
- 1 green pepper diced
- 16oz jar salsa (use your favorite here)
- 32oz chicken stock
- 2-11oz cans Mexicorn drained (regular is fine)
- 1½oz package taco seasoning
- 6oz tomato paste
- 1t cumin
- 2lb chicken breasts
- 4oz cream cheese , optional
- ½c sour cream, optional
- Tortilla Chips (or strips)

**Instructions:**

In large crockpot, combine all ingredients except cream cheese and sour cream. Cook on low heat for 6-8 hours. Half an hour before serving, remove chicken, shred it, and return to pot. If you want a creamier soup, stir in sour cream and cream cheese. (It's so much better with cream cheese and sour cream, but make sure the cream cheese is room temp when added) Serve with shredded cheddar cheese, tortilla strips/chips. We like to crunch up chips and then add soup and cheese. Enjoy!

Note: you can substitute regular corn, if you can't find the mexicorn. One is enough (we just really like corn so we use two). I will throw a small Rotel in there if I use regular corn, but good either way.

**Butternut Squash Soup**  
**Carolyn Clifford**

**Ingredients:**

- 4c vegetable broth (I use fat free)
- Uncooked butternut squash cut into 1-1 ½" cubes
- Uncooked vidalia onion cut into 2" cubes
- Small apple peeled, cut into 2" cubes
- ¼t salt or to taste
- ⅛t black pepper or to taste
- ⅛t nutmeg or to taste

**Instructions:**

In large stock pot combine broth, squash, onion, and apple cover and bring to boil uncovered. Reduce heat to low gentle simmer until squash is very tender about 10 minutes. Puree soup using an immersion blender or in a blender in small batches. Once pureed, season with salt, pepper and nutmeg. Serves about 6.

## **Chicken Noodle Soup** **Janice Eberhard**

### Ingredients:

1c chopped carrots  
1c chopped celery  
Box veggie broth  
Can chickpeas (garbanzos)  
Noodles, I use Sprouts fat egg noodles  
1/2t turmeric  
1/2t curry powder  
Bay leaf & parsley

### Instructions:

Stir fry carrots and celery in small amount of broth. (5-7 minutes) Add other ingredients except noodles. I let simmer a little then add noodles.

To Serve: We serve with crusty bread and salad.

## **Chicken Tortilla Soup** **Jani and Rick Hill**

### Ingredients:

2T vegetable oil  
1 small onion, diced  
2T minced garlic  
2 jalapenos, finely diced  
6c low-sodium chicken broth  
One 14.5-ounce can fire-roasted diced tomatoes  
One 14.5-ounce can black beans, rinsed and drained  
3 chicken breasts, boneless and skinless  
2 limes, juiced, plus wedges for garnish  
Salt and freshly ground black pepper  
1c roughly chopped fresh cilantro leaves  
One 8-inch flour tortilla, grilled, cut into thin strips  
1 avocado, pitted, sliced  
1c shredded Monterrey cheese

### Instructions:

In a large saucepan heat the vegetable oil. Add the onions and cook for 2 minutes. Once the onions have softened add the garlic and jalapenos and cook for another minute. Pour the chicken broth, tomatoes and beans into the pot and bring to a boil. Once at a boil lower heat to simmer and add your chicken breasts. Cook the chicken for 20 to 25 minutes. Once chicken is cooked remove from pot. When cool enough to handle shred it and set it aside. Add lime juice and fresh cilantro to the pot. In a serving bowl add a mound of shredded chicken.

To Serve: ladle soup over chicken and top with a lime wedge, grilled tortilla strips, avocado slices and cheese.

## **Pantry soup** **Dianne and Van Beilstein**

### Ingredients and Instructions:

Combine 1 can each of : beans, drain and rinse for clearer soup broth - black beans or kidney beans or pinto beans. VegAll ( we like the larger can of chunky style), Cream style corn, Tomatoes, diced OR Ro-Tel tomatoes (can control heat tolerance especially for younger family members), Progresso Minestrone Soup (brand matters), can vary by adding additional cans of green beans, mushrooms, more types of beans include garbanzo .... makes more soup, too. Have also added protein crumbles, seems like completely different soup.

## **Ginger, Carrot and Sweet Potato** **Janie Eberhard**

### Instructions:

Approximately equal amount of sweet potatoes and carrots

Some onion

1 box Veggie Broth

1/4 t each of ginger, turmeric, nutmeg and cinnamon (can use a little more cinnamon if you like)

Peel potatoes, clean carrots, onion (cut them up into chunks)

Instructions: Bake at 350F for 30 mins in soup pan add broth and spices. Simmer. When baked, place veggies in broth.

Simmer 20 mins. Then blend with immersion blender.

Notes: I have made this without onion and that tastes good too.

## **Shrimp, Chicken and Andouille Sausage**

### **Jane Nelson**

#### Ingredients:

1lb medium shrimp in shell  
Salt and pepper  
2t chopped fresh thyme  
6 garlic cloves  
4T olive oil  
1/2-1c diced onion  
1c diced red or green bell pepper  
1/2-1c diced celery  
4T all purpose flour  
1T tomato paste  
1t paprika or 1T creole seasoning mix  
1/4t cayenne  
1c diced tomato fresh or canned  
1lb of skinless/boneless chicken thighs  
6oz of andouille sausage cut into 1" or thicker slices  
6c of chicken or vegetable broth  
2c chopped okra (saute' before adding to base)  
1T file' powder  
1/2c chopped scallion for garnish

#### Instructions:

Make gumbo base, use a heavy bottom soup pot. Heat olive oil over med-hi heat. Add onion, bell pepper and celery and cook briskly, stirring frequently until browned, about 8 minutes. Sprinkle in flour and stir to combine. Continue cooking for about 5 minutes, stirring until flour-vegetable mixture is browned. Add tomato paste, paprika (or creole mix), cayenne and garlic. Cook for 1 minute, stirring well, then add tomato and andouille sausage and cook for 2 minutes. Season generously. Saute' chicken enough to cook outside and then add to gumbo base. Stir in broth and reduce heat to medium. With a wooden spoon, scrape bottom of the pot to dissolve any brown bits. Simmer for about 25 minutes, until gumbo base thickens somewhat. Taste and adjust salt. (You can do prepare base up to this point several hours ahead; bring it back to a brisk simmer before continuing.) Saute okra for a few minutes so it doesn't get slimy and add to base and cook until softened, about 5 minutes. Add shrimp and cook for 2 more minutes. Turn off heat. Stir in file' powder.

Serve immediately. Sprinkle with scallions and serve with cornbread or rice.

## **Mushroom Barley Soup**

### **Dianne and Van Beilstein**

#### Ingredients:

4T butter  
1 onion diced  
1 carrot diced  
1 rib celery chopped  
8oz mushrooms sliced (or 1 can of mushrooms)  
6c beef broth  
2/3c pearl barley  
1 bay leaf  
1 1/2t Worcestershire sauce  
1t soy sauce  
1/4t thyme

#### Instructions:

Cook onion, carrot and celery in butter in a large saucepan over medium heat until onion is tender. Add mushrooms cook 5 minutes more. Stir in remaining ingredients to a boil.

## **Lasagna Soup** **Susie Wallace**

### Ingredients

2lb Jimmy dean sausage (1 hot & 1 regular)  
2c chopped onions  
1c diced carrots  
8c chicken stock  
1-32oz can tomatoes with garlic, oregano & basil  
1-16oz can of Tomato sauce  
1-2lb sliced mushrooms  
3½c dry bowties pasta  
3c fresh spinach  
Grated provolone or cheddar cheese  
Parmesan cheese  
Fresh basil for garnish

### Directions:

Brown onions and sausage together. Add carrots and sauté for 3 minutes. If using fresh garlic, add and sauté 1 more minute. Add chicken stock, can of tomatoes, and tomato sauce. Bring to a boil and add pasta. Cook until about done. Add spinach and cook until wilted. Place ¼c of grated cheese in bowl and ladle soup in. Top with Parmesan.

## **Betty's Potato Soup** **Sharon Ellington**

### Ingredients:

3 slices of bacon  
6 medium potatoes peeled and diced  
2 onions chopped fine  
2c water  
2c milk  
Salt and pepper to taste  
2T chopped parsley  
1c diced celery

### Instructions:

Fry bacon in the bottom of the soup pot until crisp. Add potato, celery and onions and 2c of water. Simmer until tender. Add 2c of milk. Season with salt and pepper.  
To serve: Sprinkle parsley on top.

## **Broccoli "Cheese" Soup** **Janie Eberhard**

### Ingredients:

12 to 16 oz riced cauliflower (fresh or frozen)  
1 box veggie broth  
Bag of frozen cut up baby broccoli  
2 carrots chopped (I use 1 C chopped)  
1 can Northern White beans, drained  
¾c coconut milk or evaporated milk  
½c nutritional yeast  
1t garlic powder  
½t thyme

### Instructions:

Add ½c veggie broth in pan with cauliflower, simmer for 7 minutes. When cauliflower tender, blend with immersion blender. add cauliflower purée and rest of broth & carrots, cook 7 minutes until tender. While soup is cooking: put beans and non dairy milk in bowl and blend until smooth. Add broccoli to soup. When broccoli is cooked, add bean mixture to soup and stir in nutritional yeast. We gave this soup 4 Stars.

**Dolly Parton Stampede Creamy Vegetable Soup**  
**Kathy and Dick Opalka**

Ingredients:

3T unsalted butter  
1c chicken broth  
1t onion powder  
2c whole milk  
½t garlic powder  
15oz can of mixed vegetables drained  
¼t ground white pepper  
1t kosher salt  
3T flour  
1-2t chopped fresh rosemary

Instructions:

In a nonstick pan, melt the butter over medium heat. Once the butter has melted, add the onion powder, garlic powder, and white pepper. Stir. Sprinkle the flour into the melted butter and seasoning mixture. Stir continuously for about 1 minute until the flour has incorporated into the butter. Add the chicken stock, whole milk, drained canned vegetables, and kosher salt. Simmer over medium-low heat for 5-10 minutes, stirring often to keep the milk from scorching. The sauce should thicken enough to coat the back of a spoon. Remove soup from heat and stir in fresh chopped parsley.

To Serve: biscuits and eat fabulously!

Notes: If you prefer your soup a little thicker, this can be done by incorporating a cornstarch slurry into the soup. Combine 1T cornstarch with 1T water and slowly stir the slurry into the soup while it is simmering.

**Potato Soup**  
**Carole Goodwin**

Ingredients:

1 package diced southern style hash browns (I use the one from the frozen section)  
Cream of chicken soup  
32oz chicken stock  
Block of cream cheese (room temperature)(Optional)

Instructions:

Pour package of hash brown, cream of chicken soup and chicken stock in a crockpot and cook on low 7-8 hours, or 4 hours on high. One hour before serving, cut up block of cream cheese and add to crockpot.

To Serve: add shredded cheese and bacon crumbles, top with shredded cheese and bacon crumbles, and serve with crackers. I like to eat with saltine crackers.

**Danny's Lentil Soup**  
**Sharon Ellington**

1-1lb package of lentils  
1/4lb bacon diced  
2 red onions chopped  
2 medium carrots grated  
2qts water or vegetable broth  
1c celery sliced  
2 1/2-3t salt  
1/2t pepper  
1/2t thyme  
2 bay leaves  
1 large potato grated  
1 ham bone  
2t lemon juice

Instructions:

Wash/soak the lentils overnight. In a dutch oven brown the bacon until golden. Saute onion and carrots until golden. Add lentils and water or broth. Add remaining ingredients except lemon juice. Simmer for 3 hours stirring occasionally. After 3 hours remove bay leaves and ham bone. Remove meat from the ham bone if desired and add to the soup. Add lemon juice just prior to serving. Serves 8-10.



## **Butterfly Soup**

### **Joann Speers**

#### Ingredients:

2 yellow and 2 red bell peppers, roasted  
2T olive oil  
10oz baby spinach  
1t minced garlic  
2t salt  
Freshly ground pepper, to taste  
1/4c white wine  
6c chicken stock  
1lb of farfalle (bow-tie) pasta  
1/4c slivered basil leaves  
2T extra virgin olive oil  
1/4c freshly grated Parmesan cheese

#### Instructions:

Peel and seed peppers and cut into julienne strips. In a large saute pan over high heat, warm olive oil. Add spinach, garlic, salt, and ground pepper to taste. Saute spinach until soft, 2-3 minutes. Transfer to a plate. Reduce heat to medium and add garlic, peppers, wine, stock and salt. Simmer until sauce begins to thicken, 8-10 minutes. Meanwhile, in a large pot, combine 6 qts of water and 1t salt; bring to a boil. Add pasta and cook until tender, 10-13 minutes. Stir in basil, spinach and extra virgin olive oil into the sauce.

Serve: In a large bowl, toss pasta and sauce. Sprinkle with grated cheese and serve.

## **Alton Brown's Lentil Soup**

### **Dean Katie Churchwell**

#### Ingredients:

2T olive oil  
1c onion finely chopped  
1/2c carrot, chopped finely  
1/2c celery, chopped finely  
2t kosher salt  
1lb lentils, culled and rinsed  
1c tomato, peeled and cubed  
1qt chicken broth  
1qt vegetable broth  
1/2t ground coriander  
1/2t ground cumin  
1/2t ground grains of paradise

#### Instructions:

With salt, sweat the onion, carrot and celery in hot olive oil. Add the broth, tomatoes, lentils and seasonings. Bring to a boil. Reduce heat and cover, cooking 35-45 minutes. Blend if desired (I do not blend).

## **Chicken Tortilla Soup**

### **Mary Ann Sonntag**

#### Ingredients/Instructions:

4 (32 oz) boxes chicken broth, 6 skinless/boneless chicken breasts (Boil for 1 hour and then shred chicken...then add back to broth). Add to broth and simmer: 4 ears of corn(corn off the cob) 2 yellow onions (chopped) 2 bunches of cilantro (finely chopped ) 3 garlic cloves (chopped) 1-2 chicken bouillon cubes 3 TBSP Joe's Stuff spices (to taste) 1 can stewed tomatoes 2 cans black beans (drained) (add to broth and simmer 1 addl hour)  
Serve with toppings: tortilla chips, Mexican shredded cheese and chopped green onions



## **Roasted Butternut Squash Soup** **Katie and Matt Armistead**

### Ingredients:

3 whole medium butternut squash  
4T butter  
1 medium Granny Smith apple (about 8 ounces)  
1/2 medium sweet onion  
8 fresh sage leaves  
2 1/2c low-sodium chicken broth  
2 1/2c water  
1 1/2t kosher salt, plus more as needed  
1/4t freshly ground black pepper, plus more as needed  
1c Heavy Cream

Instructions: Heat the oven to 425°F and arrange a rack in the middle. Cut the squash in half lengthwise and use a spoon to scrape all the seeds out. Line a baking sheet with aluminum foil. Place the squash pieces cut-side up on the baking sheet. Melt 2 tablespoons of the butter and brush all of it over the tops and insides of the squash halves. Season generously with salt and pepper. Roast until knife tender, about 50 minutes to 1 hour. Meanwhile, peel, core, and cut the apple into medium dice. Cut the onion into medium dice. Melt the remaining 2T of butter in a large saucepan over medium heat. Add the apple, onion, and sage leaves, season with salt and pepper, and cook, stirring occasionally, until softened, about 20 minutes. Remove the pan from the heat and set aside. When the squash is ready, set the baking sheet on a wire rack until the squash is cool enough to handle. Using a large spoon, scoop the flesh into a heavy bottom sauce pot and add the sautéed apples and onions; discard the squash skins. Add the broth, water, and measured salt and pepper, stir to combine, and bring to a boil over medium-high heat. Reduce the heat to medium low and simmer, stirring occasionally and breaking up any large pieces of squash, until the flavors meld, about 15 to 20 minutes. Remove the pan from the heat and stir in the cream. Using a stick (immersion) blender, purée the soup until smooth and creamy. Taste and season with salt and pepper if needed.

## **Turkish carrot, tomato and lentil soup** **Aleithia Stephens**

Serves 6

2T extra virgin olive oil  
2 small or 1 large red onion  
2 carrots, diced  
2 garlic cloves, diced  
2t ground cumin  
2t ground coriander  
1t ground ginger  
2T tomato paste  
1c red lentils  
28oz canned chopped tomatoes  
6c vegetable or chicken stock  
1½t salt  
½t ground black pepper

Plain yogurt, to serve (can use Greek or whole milk or non-dairy). Heat the oil in a large saucepan or Dutch oven over medium heat. Add the onion and carrots and cook for 5 minutes, stirring occasionally. Add the garlic, cumin, coriander and ginger and cook, stirring, for a minute. Add the tomato paste lentils, tomatoes, stock, salt and pepper and bring to the boil. Cover the pot, reduce the heat to medium, and simmer for 20 minutes. Use an immersion blender (or transfer the mixture to a blender, in batches) and process until smooth.

Serve in bowls, topped with a dollop of yogurt.