

## 2021 Silverstreet Lutheran Church Soup Recipes for Lent

These are the soup recipes that our congregation has shared for this year's Lenten at-home services. Thank you to everyone who took the time to send them and to all who will participate in this 2021 Lenten season of study and service.

### VEGETABLE SOUP – Helen Shealy

2 cans diced tomatoes with basil, garlic & oregano not drained  
2 cans diced potatoes drained  
1 can cut green beans drained  
1 can whole kernel corn drained  
1 can zucchini with Italian tomato sauce (Publix is only place that I can find this) not drained  
1 small can carrots drained  
1 small can Lima beans drained  
1/2 tsp pepper  
1/2 tsp Mrs. Dash Seasoning  
3 cups beef broth  
Add all of above in to crock pot on high

Brown beef stew or venison in pan on stove with olive oil then add meat to crock pot.  
Cook on high 3-4 hours then can reduce to low/warm for another 2-3 hours

### POTATO SOUP – Wanda Coleman

6 slices bacon  
1 cup onion, chopped  
2 cups potatoes, cubed  
1 cup water  
1 tsp salt  
2 Tbsp butter  
2 10 ¾ oz cans condensed cream of mushroom soup  
2 soup cans of milk  
2 Tbsp parsley, snipped

In a saucepan, cook bacon until crisp. Set bacon aside. Pour off all but 3 Tbsp fat. Add onion and brown. Add potatoes and water. Cook covered 15 minutes or until potatoes are tender. Stir in salt, soup and milk. Heat but DO NOT BOIL. Garnish with bacon and parsley. Serves 4. This is a hearty soup.

### BRANDY'S BEEFY CHILI – Brandy Wix

3 lbs. browned ground beef  
½ cup flour  
1 quart canned tomatoes  
1 quart beef broth  
2 cans of either type of beans (pinto, kidney, or pork n beans) I use pork n beans  
24 ounces of ketchup  
1 tbs. Season Salt  
2 tbs. brown sugar  
½ package chili seasoning mix

Brown ground beef (drain) and add flour until flour is absorbed. Pour in beef broth and ketchup. Add the rest of the ingredients. Server with Fritos chips, shredded cheese and sour cream.

\*You can make this gluten free. I do not put flour in my chili beans. I use gluten free beef broth, gluten free pork n beans, no season salt but a lot of pepper and one package of gluten free chili seasoning mix. I also use the whole 24oz bottle of ketchup and I do not measure the brown sugar (just sprinkle it over the top and mix)

### PAULA DEEN'S CROCKPOT POTATO SOUP – Susie Epting

1 30 oz bag of frozen southern style hash-brown potatoes  
1/3 cup chopped onion  
1/4 teaspoon ground black pepper  
2 14.5 oz cans of chicken or vegetable broth  
1 can cream of chicken soup or cream of celery soup  
1 package Cream Cheese, softened  
1 cup shredded cheese, optional for serving

Combine all the ingredients except for the cream cheese and shredded cheese.  
Mix well and cook on low 6-8 hours.  
Add the cream cheese and continue to cook for 30 minutes.  
Stir well until soup is smooth.  
Spoon into bowls and add shredded cheese to the top if desired.  
Serve and enjoy!

If you are preparing for freezer simply dump all ingredients into a freezer safe bag except for broth and cream cheese and freeze. When ready to cook simply thaw in the refrigerator overnight and place in the slow cooker in the morning with broth and cook on low for 6-8 hours. Add cream cheese last 30 minutes and enjoy!

Note: I use hash browns with onions & peppers and leave out the chopped onion. I also use chopped chives and real bacon bits, in addition to the shredded cheese for optional toppings.

### CHUNKY POTATO SOUP – Dell Miller

3 medium red potatoes  
1 sm. onion  
3 T. all-purpose flour  
3 c. milk  
½ t. sugar  
1 c. cubed or diced cooked ham  
2 c. water  
3 T. butter  
Crushed red pepper flakes  
Ground black pepper  
2 cups shredded cheddar cheese

Peel potatoes and cut into 1-inch cubes. Bring water to a boil in a large saucepan. Add potatoes and cook until tender. Drain, reserving liquid. Set aside potatoes. Measure 1 cup cooking liquid, adding water, if necessary; set aside. Peel and finely chop onion. Melt butter in saucepan over medium heat. Add onion to saucepan; cook, stirring frequently, until onion is translucent and tender, but not brown. Add flour to saucepan; season with pepper flakes and black pepper to taste. Cook 3 to 4 minutes. Gradually add potatoes, reserved 1 cup of cooking liquid, milk and sugar to onion mixture in saucepan; stir well. Add cheese and simmer over low heat 30 minutes.

### COWBOY SOUP – Brandy Wix

2 lbs. ground beef  
1 carton of broth (chicken or beef)  
1 can diced tomatoes  
1 can corn  
1 can black eye peas  
½ tsp tomato paste  
1 packet of chili or taco seasoning  
Ketchup squeezed all over  
Season with salt and pepper  
½ box of elbow noodles

Brown ground beef (drain). Pour beef into a crock pot and add canned vegetables (drain them). Add broth, ketchup, tomato paste and seasoning packet. Cook in crock pot on high for several hours. Cook noodles in separate pot, drain and add into crock pot. Cook noodles in crock pot for 10-20 minutes.

\*You can make this gluten free. I use gluten free broth, gluten free canned vegetables and one package of gluten free chili or taco seasoning mix. I also use gluten free elbow macaroni. You can add shredded cheese and sour cream if you like.

### SLOW COOKER CREAMY CHICKEN AND WILD RICE SOUP – Alicia Willingham

4 ½ cups chicken broth  
2 cups water  
2 boneless, skinless chicken breasts  
1 package of Rice-a-Roni long grain and wild rice  
½ tsp. salt (plus more to taste)  
½ tsp. pepper  
½ cup all- purpose flour  
½ cup butter  
2 cups half and half  
1 cup grated or diced carrots  
1 cup diced celery

Combine broth, water, carrots, celery, chicken, and rice (along with seasoning packet) in a large slow cooker. Cook on low for 6 hours or on high for 4 hours. Take out chicken and shred with fork and then add back into slow cooker. In a small bowl combine salt, pepper, and flour. In a medium saucepan over medium heat, melt butter. Stir in flour mixture by tablespoon to form a roux. Whisk in cream, a little at a time, until fully incorporated and smooth. Stir in cream mixture into slow cooker and then let cook on low for 15 more minutes.

### AUTUMN SOUP – Alicia Willingham

1 lb. pork sausage, hamburger, or ground venison  
2 (16 oz.) cans kidney beans  
1 (1-lb. 12-oz.) can diced tomatoes  
1 qt. water  
1 med. onion chopped  
3 to 4 medium potatoes, peeled and cubed  
1 bay leaf  
½ tsp. seasoned salt  
½ tsp. thyme  
½ tsp. garlic salt  
½ tsp. black pepper  
½ bell pepper, chopped fine

Brown meat and drain. Set aside. Combine undrained beans, undrained tomatoes, water, onion, bay leaf, and spices. Place on stove. Cover and simmer 1 hour, then add meat, potatoes, and bell pepper. Cover again and simmer until potatoes are done. Remove bay leaf and serve. Serves 4 to 6 but doubles well.

### POTATO SOUP – Anna Bedenbaugh

1 30 oz. bag of frozen diced hash browns  
1 32 oz. box of chicken broth  
1 can of cream of chicken soup  
1 pkg (8 oz.) cream cheese  
3 oz. bacon bits  
1 cup of cheddar cheese  
Salt and pepper to taste

Put potatoes in the crock pot. Add in chicken broth, cream of chicken soup, salt and pepper. Cook on low for 6-8 hours or until potatoes are tender. An hour before serving, cut the cream cheese into small cubes. Place cubes in pot stirring until it melts. Ready to serve! Top with cheddar cheese and bacon bits.

(Shared with me by my niece – Julie L. Taylor)

### TACO SOUP – Alicia Willingham

1 lb ground beef  
1 envelope taco seasoning mix  
1 ½ cups water  
1 can (15 ¼ oz) kidney beans  
1 can (15 ¼ oz) whole kernel corn, drained  
1 can (15 oz) pinto beans, rinsed and drained  
1 can (14 ½ oz) stewed tomatoes  
1 can (10 oz) diced tomatoes with green chilies  
1 can (4 oz) chopped green chilies (optional)  
1 envelope ranch salad dressing mix

Brown ground beef and drain. Add taco seasoning mix. Stir well. Stir in remaining ingredients. Simmer uncovered for 15 minutes or until thoroughly heated. Makes about 2 quarts.