

French Onion Soup

A light onion soup topped with bread and cheese

Yield:

8 servings (about 3/4 cup each)

Ingredients:

3 tablespoons butter, divided

2 large sweet onions, cut in half and sliced

2 cloves garlic, minced

2 tablespoons all-purpose flour

4 cups beef broth*

3/4 teaspoon dried thyme

1 teaspoon sugar

1/8 teaspoon black pepper

2 tablespoons sorghum, optional

1/3 cup white wine, preferably a dry white wine

salt, to taste

Very dry bread or croutons, for serving**

Shredded Parmesan cheese or mozzarella cheese, for serving

Instructions:

1.

Saute onions and garlic in 1 tablespoon butter until onions are tender.

Add the remaining 2 tablespoons of butter and stir until melted.

2. Stir flour into the butter and onion mixture. Add the beef broth, thyme, sugar, pepper, sorghum (if using), and wine. Bring to a boil

while stirring, and simmer for a couple minutes.

3. Add salt to taste. Spoon soup into bowls (6-ounce glass custard

bowls work well for small servings!) and top with some dry

bread and
shredded cheese. Serve immediately!

Additional Notes:

*You

can make your own beef broth using about a cup of leftover
roast beef

and some water. Add in the garlic and pepper (called for in
this recipe)

and simmer at least 45 minutes. Add enough additional water to
make 4

cups of broth. Leave the beef in with the broth when you add
it to the
soup.

**The best bread to use is homemade day-old Italian or dense
white bread. Slice it thinly, lay on a cookie sheet, and dry
in the oven (set at 200 degrees) until it's really super dry
(rock hard!). ☐ If I'm planning ahead for this soup for
guests, I make a long skinny loaf of dense Italian bread,
slice it thinly, and dry. Then there are cute little slices to
put on each bowl!



French Onion Soup

This recipe is from Tammy's Recipes.

Fresh Tomato Soup

An easy, summery fat-free homemade tomato soup. Served smooth or chunky, this soup makes a flavorful serving of veggies!

Yield:

6-8 servings

Ingredients:

10 medium-large tomatoes (about 3 pounds), washed and diced

3 carrots, scrubbed, trimmed, and diced

5 celery ribs, diced*

2 huge onions, chopped

1 1/2 tablespoons minced garlic (about 6-8 cloves)

4 cups fat-free chicken broth**

2 tablespoons sugar

dash of black pepper

1 tablespoon dried basil

1 teaspoon dried oregano

1 1/2 teaspoons salt

Instructions:

1.

In a large stock pot, simmer the first 6 ingredients for about 1 hour,

covered. Stir occasionally during cooking if needed.

Vegetables should

be tender.

2. Add remaining ingredients and simmer for an additional 10 minutes or so. Adjust salt to taste (important!).

3. Serve soup chunky if desired. For a smooth tomato soup, transfer

hot soup to blender and blend until soup is smooth. Pour into

bowl and
serve.

Store leftovers in the fridge.



Fresh Tomato Soup

This recipe is from Tammy's Recipes.

Easy Lentil Soup

A simple lentil soup with a delicious flavor; see additional notes about making this into a dry soup mix (just add water)

Yield:

8 servings

Ingredients:

2 cups dry lentils, washed and drained

10 cups water

1/8 teaspoon ground black pepper

1 clove minced garlic

1 tablespoon chicken base or bouillon*

1 to 1 1/4 teaspoons salt

Instructions:

1.

In a stock pot over medium heat, combine the lentils, water, pepper, garlic, and 1/2 teaspoon of the salt. Bring to a boil and then simmer over low heat for 45 minutes.

2. When lentils are tender (after about 45 minutes), stir in chicken base. Add more salt to taste, approximately 1/2 to 3/4 teaspoon more. Serve hot and enjoy!



Easy Lentil Soup

This recipe is from Tammy's Recipes.

Smoky Salmon Chowder

A thick creamy chowder with chunks of smoked salmon

Yield:

8-10 servings

Ingredients:

8 cups peeled and cubed russet potatoes

1/2 cup plus 2 tablespoons butter, divided

3/4 cup diced celery

1 cup diced onion

3 cloves garlic, minced

2/3 cup all-purpose flour

2 cups chicken broth

5 cups half and half cream OR 4 cups milk and 1 cup heavy cream

8 ounces Lox, hot smoked salmon, OR leftover grilled salmon fillet (meat only), diced*

1 teaspoon dried parsley flakes

1/2 teaspoon dried dill weed

3/4 teaspoon salt

freshly ground black pepper, to taste

1 teaspoon liquid smoke flavor, or to taste**

1/2 cup powdered non-dairy creamer

Instructions:

1.

In a large stock pot, cook potatoes in enough water to cover completely, just until tender. Drain potatoes in a strainer and set aside.

2. In the same stock pot, saute the celery, onion, and garlic with 2 tablespoons of the butter over medium heat until vegetables are tender

(about 10 minutes). Add potatoes back to stock pot and set aside.

3. In a large saucepan, melt the remaining 1/2 cup of butter. Whisk in the flour, cooking and stirring over medium heat for a minute or two.
(Mixture will be thick.)

4. Over medium heat, gradually whisk in the chicken broth and then 2 cups of the milk (or half of the half and half cream), whisking constantly until thickened.

5. Transfer cream mixture to the stock pot with the potatoes, stirring gently, and add remaining milk and cream. Stir in the salmon, parsley, dill, salt, pepper, liquid smoke, and powdered creamer. Bring the chowder to a simmer while stirring gently; then remove from heat.

6. Adjust seasonings to taste, spoon into bowls, and serve.



Smoky Salmon Chowder

This recipe is from Tammy's Recipes.

Whole-Grain Chicken Soup with Rice

A thick chicken soup with rice, a few carrots, onions, garlic, and herbs. Delicious, fragrant, and warming!

Yield:

8 servings

Ingredients:

14 cups chicken broth (or water plus bouillon)
2 cups (uncooked) brown rice (or a brown/wild rice mixture)
2 tablespoons butter
2 cloves minced garlic (about 1 teaspoon)
1 large onion, diced
4 celery ribs, diced
4 carrots, diced
1/4 teaspoon black pepper
2 teaspoons salt (or more)*
1/2 teaspoon dried rosemary (or 1 1/2 teaspoons fresh)
1/2 teaspoon dried thyme (or 1 1/2 teaspoons fresh)
3-4 cups cooked cubed chicken meat**

Instructions:

1.
In a large stock pot, combine the broth, rice, butter, garlic, onion, celery, carrots, pepper, salt, rosemary, and thyme. Bring to a boil over medium heat.

2. When soup starts boiling, stir once and cover with a tight-fitting lid. Reduce heat to low and simmer, covered for at least 45 minutes.

Check to see how tender the rice is after 45 minutes (for brown rice), and cook 10-15 minutes longer if needed.

3. Add chicken meat, stirring gently. Heat on low for 10 minutes or until soup is heated through. Add salt to taste. Enjoy!

I like to serve this soup with bread or rolls, salad, and applesauce.



Whole-Grain Chicken Soup with Rice

This recipe is from Tammy's Recipes.

Chili

Even-bodied chili, slightly sweet and full of flavor; this is our favorite homemade chili!

Yield:

4-5 cups

Ingredients:

1 pound ground beef

2 medium onions, chopped (about 1 cup)

1 cup chopped green bell peppers

1 clove garlic, minced

28 ounces tomatoes (diced)

8 ounces tomato sauce (use some tomato paste instead for a thicker chili with less cooking time)

2 teaspoons chili powder

1 teaspoon salt (or more; salt to taste)

1/8 teaspoon black pepper

2 teaspoons freshly ground cumin

1/8 teaspoon cayenne red pepper

1/4 teaspoon paprika

15.5 ounce can of kidney beans, rinsed and drained

1/8 cup brown sugar

For serving:

Shredded cheese, sour cream, diced avocado, freshly chopped cilantro, corn chips and/or hot sauce!

Instructions:

1. Cook and stir beef, onions, garlic, and green peppers in a skillet or stock pot until meat is brown. Drain grease.

2. In stock pot, combine all ingredients and bring to a boil.

Reduce

heat, cover, and simmer for 1 1/2-2 hours, stirring occasionally. Or,

simmer uncovered for about 45 minutes. If you use tomato paste instead of the tomato sauce, the chili will get thicker faster, and might only need to simmer for 20-30 minutes.

3. Serve hot with chips, cheese, sour cream, hot sauce, diced avocado, and/or fresh cilantro.



Chili

This recipe is from Tammy's Recipes.

Hearty Beef and Lentil Chili

A delicious chili made with beef, lentils, tomatoes, vegetables, and seasonings! This easy, from-scratch chili tastes amazing!

Yield:

about 5 quarts

Ingredients:

2 to 2.5 pounds ground beef or inexpensive steak*
1 medium onion, diced (about 1 cup)
2 cloves garlic, minced
1 bell pepper (any color), diced
2 cans (14.5 ounces each) diced tomatoes (or 4 cups diced fresh tomatoes)
1 tablespoon chili powder
1 tablespoon ground cumin
1/2 teaspoon paprika
1 tablespoon brown sugar
A few splashes of your favorite hot sauce (or a dash of cayenne pepper)
2 teaspoons salt (or to taste)
6 cups water
1 pound dry lentils (about 2 1/2 cups of dry lentils), rinsed

Optional, for serving:

Shredded cheese
Sour cream
Chopped fresh cilantro
Hot sauce
Tortilla chips

Instructions:

1.
In a large stock pot, brown ground beef with onion, garlic, and pepper.
Drain grease and return to pan. Add remaining ingredients, except
lentils and optional ingredients, to the drained meat mixture.

If using steak, trim as much fat as possible from meat and cut into
small pieces. In a large stock pot, brown meat with onion, garlic, and
pepper. Do not drain. Add remaining ingredients except lentils and

optional ingredients.

2. Cover and bring to a boil. Simmer covered, on medium-low heat for at least 30 minutes. Add lentils and stir. Cover and simmer for an additional 60 minutes or until lentils are tender. If this chili is too “soupy” for your tastes, simmer uncovered for another 15 minutes or so, until it’s the thickness you desire. (And if it’s too thick, add a splash of water.)

3. Serve hot, with optional ingredients of your choice. Enjoy!
□

See additional notes below for the crock pot version of this recipe! □

Hearty Beef and Lentil Chili, served with homemade cornbread
Additional Notes:

***Using ground beef vs. inexpensive steak:**

Using ground beef is faster, since you don’t need to dice it before cooking.

Using steak is great for making this chili in the slow cooker, since you can trim the fat before cooking, and don’t need to use a separate pan to brown the meat before putting it in the crock pot.

Making lentil chili in the slow cooker:

I recommend using an inexpensive steak, with the fat trimmed as well as possible, so you can make this chili start-to-finish in your crock

pot! If you choose to use ground beef instead, brown it in a pan on the stove, drain the grease, and then add to your crock pot.

Add all ingredients (except optional ingredients) to a 6-quart crock pot. (If your slow cooker is smaller than 6 quarts, reduce the recipe to fit.) Cook on HIGH for 8-10 hours. Keep warm until ready to eat! Serve with your choice of the optional ingredients listed.

Slow cooker prep time: 20-30 minutes

Slow cooker cook time: 8-10 hours



Hearty Beef and Lentil Chili

This recipe is from Tammy's Recipes.

Homemade Condensed Cream of Chicken Soup

A flavorful condensed cream of chicken soup base recipe for use in dishes that call for canned creamed soups

Yield:

3 cups (about 2 cans)

Ingredients:

1 1/2 cups chicken broth*

1/2 teaspoon poultry seasoning

1/4 teaspoon onion powder**

1/4 teaspoon garlic powder***

1/8 teaspoon black pepper

1/4 teaspoon salt (or less; taste to test)

1/4 teaspoon parsley

dash of paprika

1 1/2 cups milk

3/4 cup flour

Instructions:

1.

In medium-sized saucepan, boil chicken broth, 1/2 cup of the milk, and

the seasonings for a minute or two (longer if using fresh onions or garlic).

2. In a bowl, whisk together the remaining 1 cup of milk and flour.

Add to boiling mixture and continue whisking briskly until mixture boils

and thickens.

Additional Notes:

*I

use the broth from my oven-roasted chicken. Refrigerate broth and then take fat off the top. If you're using chicken bouillon + water for your broth, you may want to add a little extra seasonings, such as lemon pepper, extra garlic, or seasoned salt, since my broth normally has bits of those in it. You can also add bits of chicken, but if you have good rich chicken broth, you probably won't need any chicken in it.

**Or, diced onions (boil with broth for a few minutes)

***Or, fresh minced garlic (boil with broth for a few minutes)

This recipe was featured in **10 Fabulous Foods We Make At Home (Not Buy!)** ☐



Homemade Condensed Cream of Chicken Soup

This recipe is from Tammy's Recipes.

Gourmet Bean Soup

A delicious thick, flavorful soup made with dried beans, peas, and lentils. Easy but so amazingly delicious, the whole family loves this

recipe!

Yield:

8 servings

Ingredients:

1 pound (about 2 1/2 cups) dry bean/peas/lentils blend*
8 ounces turkey Italian sausage (cut into slices) or turkey
sausage patties (diced)
1 large onion, chopped
2 tablespoons oil
1 green bell pepper, diced
1 red bell pepper, diced
4 garlic cloves, minced
1 can (12-15 ounces) diced tomatoes
1/4 teaspoon crushed red pepper flakes
2 bay leaves
1/4 teaspoon freshly ground black pepper
8 cups of chicken stock (or water + bouillon)
Salt, to taste (start with 1 teaspoon)

Grated Parmesan cheese, for serving (optional)

Instructions:

1. In a large stock pot, combine all ingredients except the (optional) Parmesan cheese.
2. Bring to a boil over medium heat and then simmer gently over low heat, covered, until beans are all tender (about 2 1/2 hours, but could take longer).
3. When beans are tender, remove the bay leaves. Season with additional salt to taste. Ladle into bowls and sprinkle with grated Parmesan cheese if desired. Serve hot!



Gourmet Bean Soup

This recipe was taken from Tammy's Recipes.

Tuscan Bean Soup

A
creamy white bean soup with the aroma of thyme, oregano, and
rosemary,
with baby spinach leaves stirred in at the end. Simple but
elegant!

Yield:

4 servings

Ingredients:

2 tablespoons oil

1 medium onion, chopped

3 garlic cloves, minced

1 teaspoon dried thyme (or 2-3 teaspoons fresh)

1 teaspoon dried oregano (or 1 tablespoon fresh chopped)

1/2 teaspoon dried rosemary (or 1/2 tablespoon fresh)

4 cups chicken broth (or water with bouillon)
6 cups cooked great northern beans (or 3 cans, rinsed and drained)
3/4 teaspoon salt or more, to taste
1/8 teaspoon black pepper
5 ounces fresh baby spinach leaves (or two large handfuls), coarsely chopped
Instructions:

1.
In a 6-quart stock pot over medium heat, saute the onion in oil. After a few minutes, stir in the garlic, thyme, oregano, and rosemary and saute for a couple more minutes.
2. Stir in chicken broth, beans, salt, and pepper. Cover and bring to a boil. Reduce heat and simmer for 5-10 minutes.
3. Put about 2 cup of the soup into a bowl and set aside. Puree remaining soup in blender. You may need to do this in a couple batches; work carefully, as soup is hot! Hold the lid when you start to blend!
Or, use a stick blender (immersion blender) to blend the soup in the pan.
4. Return soup and reserved soup to the stock pot. Add the spinach and heat to a simmer, until spinach is wilted and dark green. Serve soup hot.



Tuscan Bean Soup

This recipe was taken from Tammy's Recipes.