

Mushroom, Barley & Chicken Soup

2 T butter

1 medium-large onion, diced

2 cloves garlic, minced

1/2 t dried thyme

salt & pepper

8-10 ounces button mushrooms, sliced

4+ cups chicken broth

6-8 ounces baby bella mushrooms, sliced

1 cup pearl barley

1 chicken breast, no skin, shredded

In a pot you like for soups, pour 4 cups of chicken broth and one cup of dry barley and bring to rolling boil. After you get a boil, bring pot down to a simmer. Simmer for 30 minutes. In a skillet, saute onions in butter, add garlic, thyme, salt & pepper. After about six minutes, add sliced mushrooms and saute.

Add the ingredients from skillet to the simmering barley. Continue to simmer until the barley is completely cooked (45 minutes to an hour). Add more water or chicken broth to thin soup to your desired consistency. Add chicken and simmer a couple of minutes. Check for salt & pepper (you'll need more than you might initially think). Serve with a grilled cheese sandwich and you've got dinner!

Cream of Asparagus Soup (Courtesy of Mapleline Farm)

1 lb asparagus trimmed, cut into 2 in pieces

1/2 cup diced onion

1 t celery salt

3T butter

3T flour

3/4 cup heavy cream

3/4 cup whole milk

1. In a pan you use for soups, cook asparagus in 2 cups of boiling water until tender
 2. Add onion & celery salt, cook until soft.
 3. Puree asparagus mixture in a blender
 4. In the soup pan, make a golden roux from the butter and flour.
 5. Whisk in milk & cream and stir until mixture thickens.
 6. Add asparagus mixture from blender, salt & pepper to taste and serve.
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Lentil Soup

2 cups dry lentils, washed and drained and looked over for small stones

10 cups water

1 rib of celery, minced

1 small onion, minced

2 small carrots, minced

1/8 teaspoon ground black pepper

2 cloves minced garlic

1 tablespoon chicken bouillon

1 to 1 1/4 teaspoons salt (or more to taste)

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. While lentils are starting to cook, saute carrots, onion, and celery until tender. Add them to the cooking lentils and finish the 45 minutes.

3. When lentils are tender (after about 45 minutes), stir in chicken base. Add more salt to taste.

Be sure to taste this soup before serving...those lentils needs a lot of salt.

Chicken Barley Soup

Stock:

1 whole chicken breast (skin and bones too!)

1 whole onion (slice root end off, but leave on the onion skins, gives color to the stock)

2 whole celery stalks

salt & pepper

I put these items in a cast iron pot I have, just covered everything with water and let it simmer away with the lid on for about 2 hours. Using tongs I lifted the chicken out, lifted out & squeezed the onion, did the same with the celery. I put the chicken in the refrigerator to cool and left the pot with the stock in it on the stove top to cool as well. After about an hour, I strained the stock through a little mesh strainer and set it aside in the refrigerator.

Ingredients for the actual soup:

1 whole onion, peeled and chopped into small pieces

5"-6" sliced right off the top of a whole bunch of celery, leaves and all. Then chopped into small pieces

2 large carrots, peeled and cut into small pieces

Salt & Pepper

Canola Oil

3/4 cup uncooked barley

1 whole chicken breast, de-boned and diced (from stock preparation above)

Stock from above preparation

I sauteed the onions, carrots and celery in a small amount of canola oil for about 5 minutes, then added the chicken, the stock and barley. Salt & pepper to taste. I let this simmer for 1.5 hours. Serve hot. Refrigerate any leftovers.

Broccoli & Cheddar Cheese Soup

This recipe was removed due to the fact that it tasted like really awful baby food. You certainly could not even taste the cheddar cheese.

Broccoli-Potato Soup w/ Greens

2 medium potatoes, chopped

14 oz can of chicken broth

3 cups broccoli florets, bite-sized

2 cups milk

3 T flour

2 cups smoked Gouda, shredded

2 cups greens (curly endive, chicory, escarole, spinach)

Additional gouda, shredded

1. Combine potatoes, broth. Bring to boil and reduce heat. Simmer covered 8 minutes. Mash slightly. Add broccoli and milk, bring to just a simmer.

2 In a bowl toss flour w/ cheese. Gradually add to soup, stirring until melted. Season to taste with salt & pepper. Divide amongst bowls and serve with greens and additional cheese.