

## **African Peanut Soup**

From *Soup Night: Recipes for Creating Community Around a Pot of Soup*

By Maggie Stuckey

### **Ingredients**

- 2 T. oil
- 1 T. Sesame oil
- 1 large onion, chopped
- 1 large green bell pepper, seeded and chopped
- 3 garlic cloves, chopped
- 4 c. chicken or vegetable broth
- 2 c. water
- 2 (14oz) can diced tomatoes
- 1 T. curry powder
- ½ tsp. black pepper
- ¼ tsp. red pepper flakes
- ½ tsp. salt
- ½ c. uncooked rice
- ½ c. peanut butter
- 2-3 c. diced cooked chicken (optional)

### **Instructions**

1. Heat oils in a large soup pot over medium heat. Add the onions, bell peppers and garlic. Sauté until translucent - about 4 minutes. Add the broth, water, tomatoes with their juices, curry powder, black pepper, pepper flakes and salt, and simmer uncovered for 35-40 minutes.
2. Add the rice and cook, covered, over low heat for about 30 minutes, or until the rice is tender.
3. Add the peanut butter, whisking until it is dissolved. Taste and adjust seasoning, if needed.
4. Add the diced chicken, if you wish, and bring the soup back to a simmer before serving.

Note: I increased the peanut butter to 1 cup; used plant based protein and served soup with dry roasted peanuts and crackers. Bright flavor. We will enjoy this soup again in the future. 5 Star Soup!

Jeanne Nygard – January 2021

**Autumn Squash Soup Recipe**  
**(Copycat Panera)**  
*From Pinterest*

**Ingredients**

- 1 T. olive oil
- 1 small onion, diced
- 2 pounds chopped butternut squash (about 6 cups)
- 1 c. baby carrots
- ½ tsp. curry powder (I used 1 tsp. curry powder)
- ¼ tsp. cinnamon (I used ½ tsp. cinnamon)
- 3-4 c. broth
- 2 c. apple juice
- 15 oz. can pumpkin puree
- salt to taste
- 1 cup heavy cream, optional but encouraged
- Pumpkin seeds (pepitas) for garnish

**Instructions**

1. In a heavy bottom pot, over medium high heat, heat the oil and sauté the onion. Allow the onions to take on a little color.
2. Add the spices and allow them to get fragrant. About 30 seconds to a minute.
3. Add the butternut squash, carrots, broth, apple juice and spices.
4. Cover and bring to a simmer
5. Simmer for 15 minutes or until the carrots and the squash is very tender.
6. Add the canned pumpkin to the soup.
7. Use a stick immersion blender to puree the soup
8. Stir in the heavy cream.
9. Serve, garnish with pepitas.

Note: Good but needed more curry and cinnamon.

Jeanne Nygard – January 2021

# Black & White Puff Sticks

From *Salty Snacks* by Cynthia Nims

## Ingredients

- 1 sheet (8 oz) puff pastry, thawed
- 1 large egg
- ½ tsp. kosher salt or flaky or coarse sea salt, plus more for egg wash
- 2 T. white sesame seeds
- 2 T. poppy seeds or black sesame seeds

## Instructions

1. Preheat the oven to 375F. Line a rimmed baking sheet with parchment paper or a silicone-baking mat.
2. Lay the puff pastry out on a lightly floured work surface and lightly dust the top of the dough with flour. Roll the dough into a rectangle about 10" by 12", trying to keep the edges as even as possible.
3. Beat the egg well in a small bowl, then beat in a pinch of the salt. Lightly brush the surface of the puff pastry with a thin sheen of the beaten egg. Sprinkle the sesame seeds evenly over the dough, pressing down on them a bit to help them adhere. Season evenly with ¼ tsp. Carefully flip the pastry over and lightly brush the other side with egg. Sprinkle the poppy seeds evenly over the second side of the dough, pressing down a bit to help them adhere. Season evenly with the remaining ¼ tsp. of the salt.
4. Use the rolling blade of a pizza cutter or pastry wheel to cut the dough crosswise into ¾" strips. Lift one of the strips and twist the ends three or four times, then lay the twisted strip on the baking sheet. Repeat, arranging them about ½" apart.
5. Bake until lightly browned and crisp, 12-15 minutes.

Jeanne Nygard – January 2021

## Butternut Squash Soup -NYT Cooking

8 servings

### Ingredients

1 large butternut squash, about 1 ½ lbs.  
2 tbsp. olive oil or other vegetable oil  
1 large yellow or sweet onion, chopped  
1 medium apple, any variety, chopped  
2 cups prepared vegetable broth, or  
2 cups water with 1 vegetable bouillon cube  
2 tsp. curry powder  
2 tsp grated fresh or jarred ginger, or more to taste  
Pinch of ground nutmeg or allspice  
14-oz. can light coconut milk  
Salt and pepper to taste  
Garnish  
2 medium red onions, quartered and thinly sliced  
1 good sized bunch of kale

### Preparation

#### Step 1

To bake the squash, preheat oven to 375 degrees. Cut in half and place halves, cut side up, in a foil lined, shallow baking dish, and cover tightly with more foil. Bake for 30-50 minutes, until you can easily pierce the flesh with a knife. Scoop out and set aside.

#### Step 2

Heat about half the oil in a soup pot. Add the onion and saute over medium low heat until golden, about 8-10 minutes.

#### Step 3

Add the apple, squash, broth and spices. Bring to a steady simmer, then cover and simmer gently until the apples are tender, about 10 minutes.

#### Step 4

Transfer the solids to a food processor with a slotted spoon, in batches if need be, and process until smoothly pureed, then transfer back to the soup pot, or better yet, simply insert an immersion blender into the pot and process until smoothly pureed.

#### Step 5

Stir in the coconut milk and return the soup to a gentle simmer. Cook over low heat for 5-10 minutes, until well heated through. Season with salt and pepper. If time allows, let the soup stand off the heat for an hour or two, then heat through as needed before serving.

Notes:

I used a smaller weight squash, only one- half apple, and used 1/8 tsp ground ginger, and only one tablespoon curry. Also, I reduced the onion to one half.

Cathy Cavness – January 2021

CHEDDAR CORNMEAL CRACKERS  
Martha Stewart Hors D'Oeuvres Handbook  
made by Nancy Leventon

1 cup all-purpose flour  
2 Tbs yellow cornmeal  
1 ¼ tsp kosher salt  
¼ tsp cayenne pepper  
pinch freshly grated nutmeg  
2 Tbs very cold butter, cut into small pieces  
1 cup (2.5 ounces) finely grated Cheddar cheese  
¼ cup + 1 Tbs milk

Combine the flour, cornmeal, salt, cayenne and nutmeg in the bowl of a food processor. Pulse to combine. Add the butter and pulse until the mixture resembles coarse meal. Add the cheese and pulse until combined. With the machine running, add the milk. Process until the dough comes together and is well combined.

Transfer the dough to a clean work surface. Shape the dough into a 2-inch wide log. Wrap with plastic and refrigerate for at least 24 hours.

Heat the oven to 325 degrees. Slice the well-chilled log into ¼ inch thick slices. Transfer the slices to a baking sheet and bake immediately, rotating the sheet halfway through the cooking, until the crackers are golden brown and firm in the center, about 25 minutes. The crackers should not get too dark around the edges. Transfer to a rack to cool. The crackers may be made a day ahead and kept in an airtight container at room temperature.

## **Coconut Red/Green/Yellow Lentil Soup Recipe**

1 cup / 7 oz / 200g yellow split peas  
1 cup 7 oz / 200g red split lentils  
7 cups / 1.6 liters water  
1 medium carrot, cut into 1/2-inch dice  
2 tablespoons fresh peeled and minced ginger  
2 tablespoons curry powder  
2 tablespoons butter or ghee  
8 green onions (scallions), thinly sliced  
1/3 cup / 1.5 oz / 45g golden raisins  
1/3 / 80 ml cup tomato paste  
1 14-ounce can coconut milk  
2 teaspoons fine grain sea salt  
one small handful cilantro, chopped

Give the split peas and lentils a good rinse - until they no longer put off murky water. Place them in an extra-large soup pot, cover with the water, and bring to a boil. Reduce heat to a simmer and add the carrot and 1/4 of the ginger. Cover and simmer for about 30 minutes, or until the split peas are soft.

In the meantime, in a small dry skillet or saucepan over low heat, toast the curry powder until it is quite fragrant. Be careful though, you don't want to burn the curry powder, just toast it. Set aside. Place the butter in a pan over medium heat; add half of the green onions, the remaining ginger, and raisins. Sauté for two minutes stirring constantly, then add the tomato paste and sauté for another minute or two more.

Add the toasted curry powder to the tomato paste mixture, mix well, and then add this to the simmering soup along with the coconut milk and salt. Simmer, uncovered, for 20 minutes or so. The texture should thicken up, but you can play around with the consistency if you like by adding more water, a bit at a time, if you like. Or simmer longer for a thicker consistency.

# Moroccan Spiced Chickpea Soup

From *Pinterest*

## Ingredients

- 2 T. olive oil
- 1 onion chopped
- 6 garlic cloves, minced
- 2 celery sticks finely chopped
- 1 tsp. ground cinnamon
- 1 tsp. ground cumin
- 1/8 tsp. cayenne pepper
- 1 tsp. sweet paprika
- 1 can crushed tomatoes 14 oz.
- 3 cans chickpeas drained, 14 oz each (1 ½ cups dried chickpeas cooked)
- 4 cups broth
- Salt + pepper to taste
- 7 oz. baby spinach about 2 handfuls.

## Instructions

1. In a large pot, cook onion, garlic and celery in oil until onion is translucent.
2. Add spices and cook for about 1 minute
3. Add tomatoes, chickpeas and broth. Add water to make sure chickpeas are covered. Stir to combine. Bring to a gentle boil, reduce heat and simmer for 45 minutes.
4. Remove soup from the heat. Using a potato masher or stick blender mash/blend some of the soup. Stir in spinach and let it cook through the heat of the soup for a couple of minutes until wilted. Adjust salt and pepper if need.

Serves 6 people

Note: Excellent soup. The second time I made it I added cauliflower chunks instead of spinach.

Jeanne Nygard – January 2021



# One-Pot Creamy Tomato Tortellini Soup

*From Pinterest*

## Ingredients

- 1 med. Onion, diced
- 2 garlic cloves, minced
- 1 tsp. olive oil
- 1 sprig of fresh rosemary chopped or ½ tsp. dried
- 28 oz. can diced tomatoes
- 15 oz. can tomato sauce
- ½ tsp. dried oregano
- 4 large fresh basil leaves or ½ tsp. dried
- ½ tsp. salt
- ¼ tsp. pepper
- 4 c. chicken stock
- ½ c. heavy cream
- 20 oz. three-cheese tortellini
- ½ c. shredded parmesan cheese + extra to garnish
- fresh basil to garnish

## Instructions

1. Place the onion, garlic, and olive oil, and fresh rosemary in a heavy pot. Saute over medium heat for 5 minutes.
2. Add in the diced tomatoes, tomato sauce, oregano, basil, salt, pepper, chicken stock, and heavy cream. Stir to combine. Simmer for 20 minutes.
3. Place the tortellini into the soup and cook for 12-15 minutes or until the tortellini are tender and cooked through.
4. Stir in the parmesan cheese.
5. Serve and garnish with fresh basil and shredded parmesan cheese.

Serves 8.

Barbie Coleman – January 2021

## Parmesan-Cheddar Crackers with Poppy Seeds

From *Pinterest*

### Ingredients

- $\frac{3}{4}$  c. + 1 T. unbleached all-purpose flour
- 2 T. rye flour
- 1 T. well-ground yellow cornmeal
- 1 T. poppy seeds
- $\frac{1}{2}$  tsp. baking powder
- $\frac{1}{4}$  c. unsalted butter, cold and cut into very small chunks
- $\frac{1}{2}$  c. well grated sharp or extra-sharp yellow cheddar cheese
- 4-5 T. very cold water
- 1 egg, large
- 1 T. water
- fine sea salt

### Instructions

1. In a big bowl, whisk together flours, cornmeal, seeds and baking powder
2. Cut in the butter with a pastry blender, or use your fingertips, until the mixture has lots of small coarse lumps.
3. Add in all of the grated cheese and mix with a fork.
4. Sprinkle 4 T. of cold water evenly over the dry ingredients, and stir with the fork until well distributed. Add in the final T. of water if it still seems really dry.
5. Dump dough out onto a clean work surface, and smear the dough away from you a new times to distribute the fat. Gather dough and shape into a ball.
6. Cut the ball in half. Press each half into a disk about 1" thick, and wrap in plastic wrap. Refrigerate dough for at least an hour.
7. Preheat oven to 400 degrees
8. Roll out dough 1 disk at a time using floured rolling pin on rolling mat to  $\frac{1}{8}$ " thick.
9. Cut the dough with small cookie cutters or pastry wheel. Place on prepared baking sheets. Alternately – roll your dough out directly onto the silicone sheet prepared pans and use pastry wheel or sharp knife to slice the crackers.
10. Pierce each unbaked cracker with the tines of a fork.
11. Whisk egg with 1 T. water. Brush lightly on each cracker. Lightly sprinkle with fine sea salt.
12. Bake until deeply golden on the bottoms and the edges. Approx. 12-15 minutes. If you want to help ensure crispness, turn off oven and down and let crackers sit in oven for another minute or two.
13. Cool on the baking sheets. Store in airtight container.

# Polenta Soup with Kale and Parmesan

## Made by Renae Seegmiller

From: <https://parade.com/1145164/alison-ashton/christopher-kimball-polenta-soup-with-kale-and-parmesan-recipe/print/>

### INGREDIENTS

- 3 Tbsp extra-virgin olive oil, plus more to serve
- 1 large yellow onion, chopped
- 2 medium cloves garlic, finely chopped
- 1 Tbsp fresh rosemary, minced
- 2 tsp kosher salt, plus more to taste
- 1 tsp freshly ground black pepper, plus more to taste
- $\frac{3}{4}$  cup coarse stoneground yellow cornmeal
- 1 bunch lacinato (Tuscan) kale, stemmed, leaves torn into rough 1-inch pieces
- 1 (15.5-oz) can cannellini beans, rinsed and drained
- 4 oz Parmesan cheese, stemmed, leaves torn into rough 1-inch pieces finely grated (2 cups), plus more for garnish

### DIRECTIONS

In a large pot over medium, heat oil until shimmering. Add onion, garlic, rosemary, salt and pepper. Cook, stirring, 3 minutes or until onion is translucent. Add 2 quarts water, then whisk in cornmeal; bring to a simmer. Reduce to low; cook, uncovered, 15 minutes, stirring occasionally and scraping bottom of pot to prevent sticking. Stir in kale and beans; cook, stirring, 5 minutes or until kale and cornmeal are tender. Stir in Parmesan; season with salt and pepper. Serve drizzled with oil and sprinkled with more cheese.

NOTES: Be sure to use COARSE STONEGROUND cornmeal (I didn't)  
Use Spinach instead of kale.



SPEEDY CHICKEN POSOLE WITH AVOCADO AND LIME  
Sunset Essential Western Cookbook  
made by Nancy Leventon

3 large poblano chiles  
6 garlic cloves  
1 large onion  
2 cans (14.5 oz) hominy  
1.5 pounds skinned, boneless chicken thighs  
½ tsp kosher salt  
2 tsp dried Mexican oregano, divided  
2 Tbs olive oil  
3 cups chicken broth  
3 Tbsp ground red New Mexico chiles  
Sliced avocado, lime wedges, cilantro leaves and sour cream

Preheat broiler. When hot, broil poblanos on a baking sheet until blackened, turning as needed, about 15 minutes.

Mince garlic in a food processor. Cut onion in chunks and pulse with garlic, until chopped. Set aside. Drain hominy. Set aside.

Cut chicken into 1 inch pieces. Sprinkle with salt and 1 tsp oregano. Heat oil in a medium sized pan over high heat. Brown half the chicken lightly, stirring occasionally, about 5 minutes. With a slotted spoon, transfer meat to a plate. Repeat with remaining chicken; transfer to plate.

Reduce heat to medium-high. Add the onion mixture and remaining 1 tsp oregano to pan and sauté until onion is softened, about 3 minutes. Meanwhile, in a microwave-safe pitcher, microwave the broth until steaming. Add ground chiles to the onion mixture in pan and cook, stirring, about 30 seconds.

Add the hot broth, hominy and chicken to the pan. Cover and bring to a boil, then reduce heat and simmer to blend flavors, about 10 minutes.

Meanwhile, remove stems, skins and seeds from the poblano chiles and discard. Chop the chiles.

Stir poblanos into the posole and cook 1 minute. Ladle into bowls and top with avocado, lime, cilantro and sour cream.

Nancy's notes: I made this soup without the chicken. I chopped the onions on a cutting board. Did not use the food processor. I left out the garlic. I felt like the soup needed more liquid, so added the last 1 cup of the boxed chicken broth. The soup could be made with pork, but would take more cooking time. Pork is more traditional in New Mexican posole. Yellow or white hominy is fine. You can find the New Mexican red chile at Shop n Kart in Centralia.

## Slow Cooker Chicken Enchilada Soup

### Ingredients

- 1 (28 oz.) can no-salt-added diced tomatoes, with juice
- 3 cloves of garlic
- 1 1/2 T. Chili powder
- 2 tsp. Cumin
- 1 tsp. Oregano
- 1 tsp. Salt
- 1/2 tsp. Pepper
- 4 cup low-sodium chicken broth, divided
- 2 lb. boneless, skinless chicken breasts
- 2 (15 oz.) cans black beans, drained and rinsed
- 1 (15 oz.) cans kidney beans, drained and rinsed

### Instructions

1. In a 6-quart slow cooker, mix together tomatoes, garlic, chili powder, cumin, oregano, salt and pepper and 1 1/2 cup chicken broth. Add chicken breasts to cooker, turning to coat with tomato-herb mix. Cook on HIGH for 3 hours.
2. Remove chicken and shred it, then add back to cooker. Add beans and remaining 2 1/2 cup chicken broth. Cook on MEDIUM for another 2 hours. Serves 8.
3. Top with avocado and cilantro if desired.

(I cut recipe in half and still had leftovers.)

Sharon Lyons – January 2021

## Tuscan Tortellini Stew

Cook in Crockpot 6 hrs. (low) or 3 hrs. (high)

- 1 lb. bulk Italian-seasoned turkey sausage (or bulk spicy pork sausage)
- 1 32 oz. carton chicken broth
- 1 28 oz. can diced tomatoes with basil, garlic, oregano
- 1 fennel bulb, trimmed quartered, cored and thinly sliced
- 1 c. chopped onion
- 1 c. water
- 4 c. chopped spinach or kale
- 1 9 oz. package refrigerated three-cheese tortellini
- 1/4 c. 1/2 & 1/2
- 1/2 c. grated Parmesan cheese

1. In large skillet cook sausage until browned. Drain and add to 6 qt. crockpot. Stir in next five ingredients. (through water) Cover and cook on low 6 hrs. or on high 3 hours.

2. If using *low* turn to high and then stir in the next three ingredients (through cream) Cover and cook 30 minutes or until tortellini is tender. Add cream and serve topped with Parmesan cheese.

Makes 8 servings

Jan Leth – January 2021

# Vegan Chicken Noodle Soup

From *Pinterest*

## Ingredients

- 2 T. olive oil
- 1 large onion, chopped
- 4 cloves garlic, minced
- 3 stalks celery, sliced
- 3 medium carrots, peeled and sliced
- 8 cups broth
- 1 can Loma Linda Frichik, cubed
- ½ pkg. Soy Shreds
- 1 tsp. dried basil
- ½ tsp. dried thyme
- 12 oz. pasta noodles
- Salt & pepper to taste

## Instructions

1. Cook onion, garlic and celery in oil for 5 minutes, until the onions are translucent.
2. Add carrots, broth, Frichick and Shreds, basil and thyme. Bring to a boil, then simmer for 10 minutes.
3. Cook the pasta in a separate pot according to pkg instructions for 1 minute less than called for. Drain and set aside.
4. Taste the soup and make necessary seasoning adjustments, such as more herbs, salt + pepper.
5. Serve the soup in bowls with a handful of cooked noodles. Sprinkle with fresh parsley if desired and serve with crackers. Keep noodles separate when storing so they don't get mushy.

Jeanne Nygard – January 2021