

Soups and Stews

Italian Sausage Minestrone

1 pound bulk Italian sausage
2 large carrots, chopped
2 celery ribs, chopped
1 medium onion, chopped
6 garlic gloves, minced
3 tbsp. basil olive oil
6 cups chicken broth
2 cans (15 oz.) cannellini or white kidney beans, rinsed and drained
2 cans (14-1/2 oz.) diced tomatoes, undrained
2 bay leaves
1 tbsp. Italian seasoning
1 tbsp. tomato paste
1 cup small cooked small pasta
Shaved parmesan cheese

In a Dutch oven, cook sausage over medium heat until no longer pink, drain. In the same pan, sauté the carrots, celery, onion and garlic in the basil olive oil until tender. Stir in broth, beans, tomatoes, bay leaves, Italian seasoning, tomato paste and sausage. Bring to a boil. Reduce heat, cover and simmer for 30 minutes. Stir in cooked pasta, and top with shaved parmesan cheese. Makes 10 servings.

Roasted Poblano Beef Stew

5 Poblano peppers
1 boneless beef chuck roast (203 pounds) cut into 1 inch cubes
2 tbsp. citrus habanero olive oil
1 medium onion, chopped
3 garlic cloves, minced
1 pkg. (32 oz.) beef broth
2 medium tomatoes, chopped
1/3 cup minced fresh cilantro
1 tsp chili powder
1 tsp. salt
2 large potatoes, peeled and cut into 1 inch cubes

Broil Poblano peppers 4 inches from the heat until skins blister, about 5 minutes. With tongs, rotate peppers a quarter turn. Broil and rotate until all sides are blistered and blackened. Immediately place Poblano in a small bowl, cover and let rest for 20 minutes. Peel off and discard charred skins, remove stem and seeds. Coarsely chop Poblano. In a Dutch oven brown beef in olive oil in batches, remove and keep warm. In the same pan sauté onions until tender, add garlic, cook 1 minutes longer. Gradually add broth, stir in tomatoes, cilantro, chili powder salt, cumin, pepper, Poblano and beef. Bring to a boil, reduce heat, cover and simmer 1-1/2 hours or until beef is tender. Add potatoes, cook 12-15 minutes longer or until potatoes are tender. Makes 8 servings.

Carrot Soup with Coriander

2 tsp. cilantro and roasted onion infused olive oil
1 small onion, chopped
2 medium cloves of garlic, minced
1 tbsp. ground coriander
1/8 tsp. ground coriander, divided use
1 pound carrots, cut into 1 inch pieces
2-1/2 cups water
1 cup orange juice
¼ tsp. salt
¼ sour cream
2 tsp. lemon balsamic
1 tbsp. chopped fresh cilantro

In a large saucepan, heat olive oil over medium heat, swirling to coat the bottom. Cook the onion and garlic for 3-4 minutes, or until soft, stirring occasionally. Stir in 1 tbsp. coriander, stir in carrots, water, orange juice and salt. Reduce heat and simmer on low for 15-20 minutes or until carrots are very tender. Meanwhile, in a small bowl whisk together the sour cream and remaining coriander. Set aside.

In a food processor or blender, process the soup in batches until smooth. Stir in the lemon balsamic. Top each serving with a dollop of sour cream mixture and sprinkle with the fresh cilantro. Makes 4 servings.

Italian Wedding Soup Supper

2 cups small shell pasta
½ pound boneless chicken breast, cut into ¾ inch cubes
2 tbsp. basil olive oil
1 medium onion, chopped
1 medium carrot, finely chopped 1 celery rib, chopped
1 pkg. (12 oz.) frozen fully cooked Italian meatballs, thawed
1 can (10-3/4 oz.) condensed cream of chicken soup, undiluted
1 pkg. (10 oz.) frozen chopped spinach, thawed and squeezed dry
1 cup chicken broth
2 tsp. minced fresh thyme or ½ tsp. dried thyme
½ tsp. salt
½ tsp. black pepper
¾ cup shredded asiago cheese

Cook pasta according to package instructions. Meanwhile, in a skillet sauté chicken in 1 tbsp. olive oil until no longer pink. Remove and keep warm. In the same skillet, sauté the onions, carrots and celery in remaining oil until tender. Add meatballs, soup, spinach, broth, thyme, salt, pepper and chicken; cover and cook for 4-6 minutes or until heated through. Drain pasta, stir into skillet. Sprinkle with asiago cheese. Makes 6 servings.

Zucchini Tomato Soup

4 small zucchini, coarsely chopped
½ cup chopped red onion
4 tsp. basil olive oil
½ tsp. salt
2-1/2 cups spicy hot V8 juice
2-3 medium tomato cut into thin wedges
½ tsp black pepper
3 tbsp. shredded cheddar cheese
¼ cup cooked crumbled bacon

In a skillet sauté the zucchini and onions in basil olive until crisp-tender. Sprinkle with salt. Add the V8 juice, tomatoes, and pepper. Cook until heated through. Garnish with cheese and bacon. Makes 4 servings.

Stuffing Dumpling Soup

1 cup sliced fresh mushroom
1 medium onion, chopped
2 tbsp. wild mushroom and sage infused olive oil
3 cloves of garlic, minced
4 cups chicken broth
1-1/2 cups carrots, chopped
2 tsp. creole seasoning
2 eggs
½ cup all-purpose flour
2 cups cooked stuffing
2 cups cooked turkey, cubed
1-1/2 cups green beans, cut

In a Dutch oven, sauté mushrooms and onions in olive oil until tender. Add garlic. Cook 1 minute longer, add broth, carrots and creole seasoning. Bring to a boil, reduce heat; simmer uncovered for 6-8 minutes or until the carrots are tender. Meanwhile, in a bowl, whisk eggs and flour until smooth. Crumble stuffing over egg mixture, mix well. If necessary, add a bit of water, 1 tsp. at a time, until mixture holds its shape. Add the turkey and green beans, return soup to boil. Drop stuffing mixture by heaping tablespoonful's onto simmering soup. Cover and simmer for 8-10 minutes until a toothpick inserted in a dumpling comes out clean. Do not lift cover during last simmering. Makes 4-5 servings.

Apple Balsamic Beef Stew

2 pounds beef stew meat, cut into 1 inch cubes
2 tbsp. Cheyenne olive oil
1-1/2 cups apple juice
½ cup red apple balsamic
2 tsp. salt
½ tsp. dried thyme
¼ tsp black pepper
3 medium potatoes, peeled and cubed
4 medium carrots, cut into ¾ inch pieces
2 medium onions cut into wedges
¼ cup all-purpose flour
¼ cup water

In a Dutch oven, brown beef in olive oil, drain, add apple juice and balsamic, salt, thyme, and pepper, bring to a boil. Reduce heat, cover and simmer for 1-1/4 hours. Add potatoes, carrots, celery and onions, return to boil. Reduce heat, cover and simmer for 30-35 minutes or until beef and vegetables are tender. Combine flour and water until smooth, stir to thicken stew. Bring to boil. Boil and stir for 2-3 minutes, until thickened. Makes 8 servings.

Harvest Sweet Potato Soup

1 cup celery, chopped
½ cup onion, chopped
2 tbsp. basil infused olive oil
3 cups chicken broth
3 medium sweet potatoes, peeled and cubed (about 1 pound)
1 bay leaf
½ tsp. Seasonello Herbal Sea Salt

In a Dutch oven or soup kettle, sauté celery and onions in basil olive oil until tender. Add remaining ingredients, bring to boil over medium heat. Reduce heat, simmer for 25-30 minutes or until tender. Discard the bay leaf. Cool slightly. In a blender or food processor, process soup in batches until smooth. Return all to pan and heat through. Makes 4 servings.