

ST. ANN PARISH LENTEN SOUP SUPPER RECIPES

NEW ENGLAND CLAM CHOWDER or LENTIL*

NEW ENGLAND CLAM CHOWDER (about 3 quarts) (better made one day ahead, chilled, reheated next day):

4 8 oz. cans or 3 10 oz cans** clams, whole or minced 3 T. butter, 3 T. flour
or combination, drained (reserve liquid) 2 cups raw potatoes, diced
Clam broth (add to reserved liquid to make 2 c.) S&P to taste
1 large onion, minced or chopped fine 4 cups hot milk (not boiling)

Sauté onions in butter until tender, not brown. Sift flour over onions and stir until blended. Add potatoes, clam broth, S&P to taste, cover, simmer until potatoes are done but still firm. Add clams and hot milk. Heat through but DO NOT BOIL.

HAMBURGER ABC (3 - 4 quarts)

1 lb. hamburger ½ green pepper, diced 1 cup julienne carrots 2 cans cream of celery soup
1 cup chopped onion 1 large can V-8 juice ½ cup alphabet noodles 2 cans water

Sauté meat with onions and green pepper until brown not crispy. Drain fat, return to large pot; add V-8, carrots and noodles. Cook slowly, covered, until carrots are tender. Add celery soup, water, stir well and simmer to blend and heat through.

CHICKEN RICE SOUP (makes 3-4 quarts) or CHILI*

Basic stock: 3-4 lbs. chicken (whole or parts), 3 ribs celery, 2 large carrots, 2 garlic cloves, S&P, **bouquet garni*****, ~5 qts water

For soup: Reserved cooked chicken, chopped 3 or 4 carrots, chopped stock
1 large onion, chopped 3 or 4 ribs celery, chopped 2 cups cooked rice

For stock: Put all stock ingredients with water to cover in large pot, bring to boil, skim, reduce heat, simmer 3-4 hours until liquid is reduced by 1/3-1/2. Strain broth, cool, remove meat from bones, chop and reserve, refrigerate stock and meat up to 2 days or freeze.

For soup: Skim fat from stock, put meat and stock in large pot, heat. Add all soup ingredients, simmer 15-20 minutes. Adjust S&P.

BEEF NOODLE

BEEF NOODLE (about 4 quarts) – NOTE NEW STOCK RECIPE:

For stock: About 4 lbs meaty beef soup bones (with 1 ½ -2 c. meat), 3 ribs celery, 2 large carrots, peeled, 1 onion halved, 2-3 garlic cloves, 5 peppercorns, dash salt, **bouquet garni*****, about 5 qts. water (to cover bones and vegetables)

For soup: cooked meat from bone, chopped 1 c. chopped onion 6 sprigs fresh parsley or 2 t. dried parsley
6 celery ribs, diced 3 or 4 carrots, diced 1 t. thyme 8 oz. pkg. noodles

For stock: (Optional for most flavor: split bones, roast at 450 °30 min. Transfer bones to stock pot without rendered fat). Put bones and rest of stock ingred. in large pot. Bring to boil, skim foam, reduce to simmer 3-4 hrs until liquid is reduced by 1/3-1/2, skim occasionally. Strain broth, reserving meat from bone. Cool stock and meat, refrigerate up to 2 days or freeze. **For soup:** Skim fat from cold stock, heat and add all soup ingredients except noodles, simmer about 10 -15 min., add noodles and cook 7-8 min. until noodles and vegetables are tender. Adjust seasonings.

CHICKEN NOODLE SOUP (makes 3-4 quarts)

For stock: same as for Chicken Rice Soup above

For soup: Reserved cooked chicken, chopped or diced 1 cup chopped carrots
6 ribs celery, chopped 6 sprigs parsley, chopped, or 1 t. parsley flakes
1 cup chopped onions 1 teaspoon thyme 8 oz. package noodles

For stock: Same as for Chicken Rice Soup above.

For soup: Return chopped meat and stock to large pot and heat until bubbling. Add veggies and herbs, simmer about 10 minutes. Add noodles, cook for 7 to 8 minutes until noodles and veggies are tender. Adjust seasonings.

VEGETABLE BEEF SOUP (makes 3-4 quarts) -- NOTE NEW RECIPE

1 ½ tablespoons vegetable or olive oil 1 medium onion, chopped 2 garlic cloves, minced
1 parsnip, peeled and diced 2 carrots, peeled and diced 2 celery ribs, diced
handful green beans, trimmed and chopped 1 large all purpose potato, peeled and diced 2 cups cored, thinly sliced green cabbage
1 teaspoon fresh thyme or ½ t. dried 8 - 10 cups beef stock or broth 1 14 oz. can peeled diced tomatoes
S&P to taste (lots of pepper) ¾ cup elbow macaroni, ditalani, or small pasta shells

Optional: 1 bay leaf, 1 cup diced or shredded cooked beef. You can swap/substitute vegetables depending on what's on hand.

Heat oil in a large kettle. Sauté onion and garlic a few minutes. Add remaining vegetables, broth, herbs, and beef if using. Bring to boil, reduce heat, simmer partially covered until vegetables are barely tender, ~15 min. Adjust S&P. Add pasta and simmer until pasta is tender. Remove bay leaf if used. Serve piping hot. Based on a recipe by James Beard, *American Cooking*, (1972).

MANHATTAN CLAM CHOWDER

1 large onion, chopped 3 stalks celery, chopped ½ green pepper, chopped 3 T. butter
2 carrots, thinly sliced 4 medium potatoes, pared and diced 28 oz can diced tomatoes
1 bay leaf 2-3 cans** clams (whole or minced, 7-10 ounce each) with liquid
1 T. fresh chopped parsley or 1 t. dried pinch salt 1½ teaspoons thyme

Sauté onion, celery, and green pepper in butter in skillet until tender (5 minutes). Add carrots, potatoes, tomatoes, and bay leaf. Simmer 10-15 minutes until vegetables are tender. Add remaining ingredients. Heat until piping hot, but not boiling. Remove bay leaf.

* **NOTE:** Chef's choice for chili and lentil soup recipes. Please make 3 or 4 quarts of your own favorite recipe!

****NOTE:** Large cans of clams are available at Costco!

*****Bouquet garni for stock:** 2 bay leaves, 6 sprigs parsley (1 t. dry), 3 sprigs thyme (1 t. dry), strip lemon zest. Tie together fresh herbs nested inside a rib of celery with its leaves or put dry herbs in cheesecloth wrap; add to stock with water. Discard after straining stock.