

2022 LENTEN SOUP SUPPER

RECIPES



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ST. JOHN THE BELOVED CATHOLIC CHURCH
6420 LINWAY TERRACE, MCLEAN, VA

WEEK ONE

4 March 2022

Butternut Squash Soup

Ingredients

- 2 tablespoons olive oil
- 2 medium onions, diced
- 6 cloves garlic, minced
- 4 teaspoons grated fresh ginger (or 1 teaspoon powdered ginger)
- 1 ½ tsp sea salt
- ½ tsp pepper
- 1 tsp fresh or dried thyme leaves, finely chopped
- 2 medium butternut squash, peeled and cut into 1-inch cubes
- 8 cups vegetable stock
- 1 ½ cups half and half

Method

1. Heat a large pot over medium heat. Add the olive oil.
2. Add the onion, garlic, ginger, salt and pepper, and thyme, and sauté until the onion is soft and transparent.
3. Add the cubed butternut squash.
4. Add the vegetable stock and stir to combine
5. Cover and simmer over medium-high heat, for 20 minutes or until squash is tender.
6. Remove the soup from the heat and add half and half.
7. Puree with a hand-held immersion blender, or puree in batches in a regular counter-top blender. Do not overfill the blender with hot soup. Blend with a towel over blender starting at lowest setting.
8. Adjust seasoning if necessary.

Vegetable Barley Soup

Ingredients

- 4 tablespoons olive oil
- 2 medium onions, diced
- 4 -3 cloves garlic, minced
- 6 medium carrots, peeled and diced
- 6 ribs celery, diced
- ½ cup tomato paste
- 16 cups vegetable broth
- 2 cups pearl barley
- 2 cups canned white kidney beans
- 6 cups packed fresh baby spinach
- 2 tsp dried thyme
- 2 tsp dried basil (or 2 teaspoons finely chopped fresh basil)
- 1 tsp onion powder
- 1 tsp kosher salt or to taste
- 1 tsp ground black pepper
- 2 bay leaf

Method

1. In a soup pot, heat olive oil over medium heat. Add onions and cook until transparent. Add carrots, celery and garlic. Add thyme, basil, onion powder, salt, pepper and bay leaf.
2. Stir in tomato paste. Add broth, barley, beans. Bring to boil. Cover, then lower heat and simmer for 50-60 minutes until barley is tender and fluffy.
3. Add baby spinach and stir until wilted.
4. Adjust seasonings.

WEEK TWO

11 March 2022

Minestrone Soup

Ingredients

- 3 T olive oil
- 1 large onion diced
- 4 cloves garlic minced
- 1 medium zucchini quartered and sliced
- 3 whole small carrots peeled and diced
- 2 stalks celery diced
- 2 tablespoons fresh parsley chopped
- 1 ½ tsp dried oregano
- 1 tsp dried Italian seasoning
- ¼ tsp crushed red pepper flakes (optional)
- 1 tsp pepper
- 1 T fresh basil leaves julienned
- 1 tsp fresh thyme leaves
- 8 cups vegetable broth
- 14.5 ounce can diced tomatoes (low or no-salt) do not drain
- 24 ounce crushed tomatoes
- 1 cup hot water
- 1 bay leaf
- 14.5 ounce green beans cut in 2 inch pieces
- 15 ounce can red kidney beans drained and rinsed
- 15 ounce can cannellini beans drained and rinsed
- 15 ounce can garbanzo beans drained and rinsed
- 4 cups fresh baby spinach leaves lightly packed
- 1 cup small shell pasta or medium shells

Method

1. Heat the olive oil in a large heavy bottom soup pot on medium heat. Add the onion and sauté until slightly translucent. Add the minced garlic and sauté for 1 minute, stirring constantly. Add the carrots and celery cook 2-3 minutes longer. Add the zucchini, spices, fresh herbs, vegetable broth, tomatoes with juice, crushed tomato, hot water, and bay leaf. Bring to a simmer and cook, uncovered, for 30 minutes stirring occasionally.

2. Add the green beans, kidney beans, cannellini beans, garbanzo beans, baby spinach and pasta and cook 10 more minutes. Separately, cook until the pasta is al dente, about 15 minutes. Then add to soup. Remove and discard the bay leaf.
3. Adjust seasoning if needed.

Black Bean Soup

Ingredients

- Two 16-ounce bag dried black beans, rinsed and soaked overnight
- 2 bay leaves
- 2 thyme sprigs
- 2 parsley sprigs
- 6 onions—2 quartered and 4 finely chopped
- Kosher salt
- Pepper
- 3 T extra-virgin olive oil
- 4 garlic cloves, minced
- 2 teaspoon ground cumin
- 8 cups vegetable stock

Method

- 1 Drain the black beans, then, in a large pot, combine them with enough water to cover by 3 inches. Add the bay leaf, thyme, parsley, 2 quartered onions and 2 tablespoons of salt. Bring to a boil over moderately high heat. Reduce the heat to low, cover and cook until the beans are just tender, about 1 hour. Drain the beans and discard the bay leaf, thyme, parsley and onions. Wipe out the pot.
- 2 In the pot, heat the olive oil. Add the chopped onions, the garlic and cumin, season with salt and pepper. Continue cooking over moderate heat, stirring occasionally, until the onions are tender, 10 to 12 minutes. Add the stock and 4 cups of water and bring to a boil. Return the beans to the casserole, cover, reduce the heat to low and continue cooking until the beans are very tender and the soup has thickened, about 1 hour and 45 minutes.

WEEK THREE

18 March 2022

Lentil Soup

Ingredients

- 4 T olive oil or other kind
- 1 medium onion, diced
- 2 large carrots, diced
- 4 medium potatoes, diced
- 2 cup green lentils, rinsed
- 6 cups kale, chopped
- 10 cups vegetable broth
- 4 T lemon juice
- 1 tsp. turmeric
- 1 tsp. cumin powder
- 1 tsp. salt or to taste
- ½ tsp. pepper or to taste
- 2/3 cup chopped dill

Method

1. In a large pot, sauté the chopped onions and carrots in the oil, over medium heat for about 4-5 minutes.
2. Add the cumin and turmeric, cook for 1 minute.
3. Add the potatoes, lentils, and broth. Reduce the heat and cook for about 25 minutes.
4. Add the salt, pepper, and kale, and cook for 5 more minutes.
5. Turn off the heat and add the lemon juice and dill.
6. Adjust seasoning

Cream of Mushroom Soup

Ingredients

- 3 lbs baby Bella mushrooms sliced
- 12 T butter
- 12 T all-purpose flour
- 2 onions diced
- 2 celery stalks diced
- 2 tsp dried thyme
- 2 tsp marjoram
- 8 cups vegetable broth
- 2 cups heavy cream
- Salt and pepper to taste

Method

1. Melt butter in large pot over medium heat. Add onions and celery and sauté until soft about 4 minutes
2. Add mushrooms, thyme, marjoram and cook for 10-15 minutes to cook out the liquid in mushrooms. Sprinkle flour over mixture and stir to coat the flour in butter.
3. Slowly add in broth and stir to prevent lumps. Simmer for 10-15 minutes.
4. Add cream and simmer for additional 5 minutes
5. Adjust seasoning if necessary.

WEEK FOUR

25 March 2022

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Sausage Tortellini Soup

Ingredients

- 1 pound ground Italian sausage, hot or mild
- 1 small yellow onion, diced
- 3 cloves garlic, minced
- 3 T flour
- 1 tsp dried basil
- ½ tsp oregano
- pinch cayenne, optional
- 1 tsp hot sauce
- ½ tsp mustard powder
- tsp pepper
- 1 cup heavy cream
- 5 cups chicken broth
- 2 cups kale
- 10 oz refrigerated tortellini

Method

1. Remove the casings from the sausage if you purchased links. Cook and crumble the sausage and diced onions over medium-high heat until the onions are softened and the sausage is cooked through, 8-10 minutes. Drain grease. Add the garlic and cook for 1 minute.
2. Add the flour and cook for 1-2 minutes.
3. Add dried basil, oregano, cayenne, hot sauce, mustard powder, tsp pepper. Stir to combine.
4. Add the chicken broth and stir to scrap up the bottom of the pot. Add the cream and simmer 5-8 minutes
5. Add the kale and tortellini and simmer for 3-5 minutes longer.
6. Adjust seasoning as necessary

Vegetable Beef Soup

Ingredients

- 2 ¼ lbs. beef stew meat
- 4 T olive oil, divided
- 2 yellow onions, diced
- 5 carrots, diced
- 5 celery stalks, diced
- 6 cloves of garlic, minced
- 12 cups low-sodium beef broth or chicken broth
- 3 (14 oz.) cans diced tomatoes
- 2 ¼ tsp dried basil
- 1 ½ tsp dried oregano
- ¾ tsp dried thyme
- 1 ½ lb. red or yellow potatoes, cubed
- 8 oz chopped green beans
- 2 ¼ cups frozen corn
- 1 ½ cups frozen peas
- 1/3 cup chopped fresh parsley

Method

1. Heat 1 ½ T olive oil in a large pot over medium-high heat.
2. Dry beef with paper towels, season with salt and pepper then add half of the beef to pot and brown about 4 minutes, turning halfway through.
3. Transfer to a plate add another 1 ½ T oil to pot and repeat process with remaining half of beef. Remove beef, no need to clean pot.
4. Add another 1 Tbsp oil and add onions, carrots, and celery, sauté 3 minutes, add garlic sauté 1 minute longer.
5. Pour in broth, tomatoes, browned beef, basil, oregano, thyme and season with salt and pepper. Bring to a boil then reduce heat to low, cover and simmer, stirring once or twice throughout, for 60 minutes.
6. Add potatoes then continue to simmer, covered, 20 minutes.
7. Stir in green beans and simmer 15 minutes longer, or until all of the veggies and beef are tender.
8. Pour in corn and peas and simmer until heated through, about 5 minutes. Stir in parsley.
9. Adjust seasoning as necessary.

WEEK FIVE

1 April 2022

Moroccan Spiced Lentil and Chickpea Soup

Ingredients

- 6 carrots, small dice
- 3 tsp cumin seeds
- 1 ½ tsp ground cinnamon
- 1 ½ tsp ground turmeric
- 3 tsp smoked paprika
- 1 ½ tsp chili flakes
- 15 tomatoes roughly chopped or 2 cans of crushed tomato (28oz)
- 3 quarts of vegetable stock
- 21 ounces of red split lentils washed
- 6 T of rose harissa or 3 T Harissa powder
- 3 cans of chickpeas drained
- 2 cups of cilantro chopped
- 3 tsp salt

Method

1. In a large pan add olive oil and cook onions on medium heat until soft, 7-8 minutes
2. Add garlic and carrots, cook an additional 2-3 minutes. Add salt and spices to coat vegetables
3. Add the tomatoes, stock, lentils and harissa. Simmer for 10 minutes covered, then remove lid and simmer 10 minutes longer. Add chickpeas and cilantro. Adjust seasoning as necessary.

Potato Leek Soup

Ingredients

- 1/2 cup salted butter
- 4 leeks washed, sliced, white and pale green parts only
- 2 quarts vegetable broth
- 8 cups diced Yukon gold potatoes
- 4 cups heavy whipping cream
- 4 teaspoons salt divided
- 1 tsp pepper

Method

1. Melt butter in a large pot over medium heat.
2. Add in leeks and season with 1 teaspoon salt. Sauté leeks for about 10 minutes until soft, stirring frequently.
3. Add stock, potatoes, 1 teaspoon salt, and pepper and bring to a boil. Cook until potatoes are tender about 20 minutes.
4. Reduce heat, stir in cream, and simmer 5 more minutes
5. Puree with a hand-held immersion blender, or puree in batches in a regular counter-top blender. Do not overfill the blender with hot soup. Blend with a towel over blender starting at lowest setting.
6. Adjust seasoning as necessary.

WEEK SIX

8 April 2022

Spring Chili with Greens

Ingredients

- ½ cup extra-virgin olive oil
- T. unsalted butter
- 2 large white onion, finely chopped, plus more, sliced, for serving
- Kosher salt
- 8 garlic cloves, thinly sliced
- poblano chiles, seeds removed, finely chopped
- Anaheim chiles or Cubanelle peppers or 1 poblano chile, seeds removed, finely chopped
- 2 jalapeño, seeds removed, finely chopped
- 2 tsp. ground cumin
- 2 tsp. ground oregano
- 2 tsp. mild red pepper flakes
- 2 tsp. paprika
- 1 head of escarole, trimmed, chopped or swiss chard
- 14-oz. cans cannellini (white kidney) beans, rinsed
- 2 quarts vegetable broth or water
- 2 small bunch spinach, trimmed, chopped

Method

1. Heat oil and butter in a medium pot over medium-high until butter is melted. Add chopped onion and a large pinch of salt. Cook, stirring often, until softened, 6–8 minutes. Add garlic, poblano chiles, Anaheim chiles, and jalapeño and cook, stirring, until very tender, 8–10 minutes. Add cumin, oregano, red pepper flakes, and paprika. Cook, stirring constantly, until very fragrant, about 1 minute.
2. Add escarole or swiss chard and cook, stirring often, until wilted, about 3 minutes. Add beans, broth, and 4 cups water. Bring to a boil over high heat, then reduce heat to maintain a simmer 10–15 minutes.
3. Stir in spinach.
4. Adjust seasoning as necessary

Broccoli Cheddar Soup

Ingredients

- 2 tablespoon melted butter
- 1 medium chopped onion
- ½ cup melted butter
- ½ cup flour
- 4 cups half-and-half cream
- 4 cups vegetable stock
- 1 lb fresh broccoli, chopped
- 2 cups carrot diced
- ½ tsp nutmeg
- 16 ounces grated sharp cheddar cheese
- salt and pepper to taste

Method

1. In a large pot, melt butter over medium heat. Sauté the onion until soft, 4-5 minutes.
2. Stir in flour to coat onions and butter.
3. Slowly whisk in the half and half and stock. Let it simmer for about 20 minutes.
4. Add the broccoli and carrots. Let them simmer on medium low for about 25 minutes until the broccoli and carrots are tender.
5. Add nutmeg, salt and pepper and sharp cheddar cheese. Let the cheese melt.
6. Adjust seasoning as necessary.

BONUS RECIPES

Clam Chowder

Ingredients

- 10 T butter
- 6 cups clam juice
- 8 6.5 oz cans of chopped clams, liquid reserved
- 2 small onions diced
- 6 stalks celery diced
- 4 cloves of garlic minced
- 2/3 cup all purpose flour
- 3 pounds red potatoes diced into 1/2 inch pieces
- 16 oz heavy cream
- 1/2 tsp dried thyme
- 2 bay leaves
- 2 T well minced parsley
- salt and pepper

Method

1. In a large pot melt butter over medium heat. Add the diced celery and onions, cooking until they are translucent and very soft, 4-5 minutes.
2. Add the minced garlic and cook, stirring, until soft.
3. Stir in the flour, coating all of the vegetables. Continue cooking about a minute until the flour begins to brown.
4. Gradually, pour in the clam juice, stirring to prevent lumps
5. Add the potatoes, thyme, and bay leaves and increase the heat to high and bring to a simmer and continue cooking for 20 minutes or until the potatoes are soft.
6. Stir in the cream and chopped clams, and let heat through. Remove from the heat stir in the fresh parsley.
7. Adjust seasoning if needed.

Provençal Vegetable Soup

Ingredients

- 1 cup dried navy beans, soaked overnight and drained change to canned
- 4 thyme sprigs, 8 parsley sprigs and 2 bay leaf, tied together with kitchen twine
- 2 quarts vegetable broth
- 2 medium tomatoes, diced
- 3 cups lightly packed basil leaves
- 4 large garlic cloves, finely chopped
- 1 cup extra-virgin olive oil
- Fine sea salt
- Pepper
- 2 medium carrots, diced
- 2 medium fennel bulbs—halved lengthwise, cored and diced
- 2 small zucchinis, diced
- 2 small onions, diced
- 12 ounces haricots verts or green beans, cut into 1-inch lengths

Method

1. In a large saucepan, cover the navy beans and herb bundle with the stock and 2 cups of water. Bring to a boil, then reduce the heat to moderately low and simmer until the beans are tender, about 30 minutes.
2. In a blender or food processor, pulse the basil with the garlic until finely chopped. With the machine on, gradually add the olive oil until incorporated. Season the pistou with salt and pepper.
3. Remove the herb bundle from the beans. Add the tomato, carrot, fennel, zucchini, onion and haricots verts and season with a generous pinch of salt. Simmer over moderately low heat until the vegetables are tender, about 12 minutes.
4. Adjust seasoning as necessary and drizzle pistou on top of soup.

All recipes have been curated by

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