



2017 Lenten Soup Supper Recipes

St. John the Beloved
McLean, VA

Table of Contents

BAKED POTATO SOUP	3
BROCCOLI-CHEDDAR SOUP.....	4
BUTTERNUT LENTIL STEW	6
CRAB-CORN CHOWDER	8
CREAMY TOMATO TORTELLINI SOUP.....	10
IRISH GUINNESS BEEF STEW	11
ITALIAN WEDDING SOUP.....	13
LENTIL SOUP.....	14
MOROCCAN STEW.....	15
NEW ENGLAND CLAM CHOWDER	17
VEGETARIAN CHILI.....	18
VENUS DE MILO SOUP	19

Baked Potato Soup

Ingredients:

- 6 med to large Russet Potatoes
- 1 1/3 cup butter
- 1 1/3 cup flour
- 12 cups - 2% milk
- 4 tablespoons green onions (just the green part - thinly sliced)
- 2 cup shredded Sharp Cheddar Cheese
- 3 tsp. salt
- 2 tsp. black pepper
- 16 oz. light sour cream

Directions:

1. Preheat oven to 400 degrees.
2. Wash and pierce potatoes with fork.
3. Bake for 1 hour and 15 minutes
4. When cool enough to handle, scoop insides out of potatoes and mash with masher or fork until coarse. Set aside. Discard skins.
5. Heat butter over med/hi heat. Once melted, add flour to make a roux. Cook for one minute, constantly stirring.
6. Add milk. Cook, stirring frequently until mixture thickens and starts to boil.
7. Once a boil starts to happen, add coarsely mashed potato, scallions, cheese, salt and pepper. Cook over medium heat for 3-4 minutes.
8. Remove soup from heat and add sour cream, stirring until well blended.

Broccoli-Cheddar Soup

Please Note: Please chop off and discard the stalky part of the broccoli, then break the florets into smaller pieces. Some of the smallest pieces can be saved to be added at the completion of cooking in order to give texture to the soup.

There will be extra half and half. Please keep for your own use or use to thin the soup if needed.

Ingredients:

- 2 sticks unsalted butter
- 4 onions, chopped fine
- 3/4 cup flour
- 5 cups half & half
- 2 (32 oz) box vegetable broth
- 2 Knorr's vegetable bouillon cubes
- 32 ounces of water
- 3 bay leaves
- 1 teaspoon salt and 1 teaspoon pepper
- Broccoli pieces (provided in 1 Ziploc bag) It contains 24 oz. broccoli florets - cut up large/medium florets, saving smallest for end
- 1 bag shredded carrot, rough chop
- 3 cups (24 oz.) grated sharp cheddar cheese (provided in Ziploc bag)
- ½ Tablespoon nutmeg

Directions:

1. Melt butter in large stock pot and add onion cooking until tender, about 5 -7 minutes.
2. Add flour and cook, 3 – 4 minutes
3. Add half & half, gradually whisking until smooth.
4. Add vegetable broth, bouillon cubes and water, salt & pepper and bay leaves and bring to simmer. Reduce heat and cook, uncovered, until thickened, about 20 minutes.
5. Add broccoli and carrots, simmer for 20 minutes.

6. Remove from heat and using a hand masher, gently crush broccoli and carrots to help break up whole pieces. PLEASE NOTE: We want good size pieces of broccoli remaining in the soup for texture, which is why we are not using a blender to puree.
7. Add cheese and stir until melted.
8. Add nutmeg and stir through.

Butternut Lentil Stew

Adapted from “oh she glows” <http://ohsheglows.com/2016/11/23/cozy-butternut-sweet-potato-and-red-lentil-stew/>

Ingredients:

- 4 tablespoons extra-virgin olive oil
- 2 medium onions, diced
- 6 to 8 large garlic cloves, minced
- 2 bags (16 oz.each) frozen, diced butternut squash (thawed) –found at Giant
- 2 large sweet potatoes, peeled and diced small
- 6 cups water/ 6 tsp vegetable “Better Than Bouillon” base
- 28 oz. can diced tomatoes, do NOT drain
- 2 (14-oz) cans coconut milk
- 1 cup dried red lentils, rinsed
- 6 tablespoons tomato paste
- 3 teaspoons ground turmeric
- 3 teaspoons ground cumin
- 1 teaspoon chili powder
- 1/2 teaspoon cayenne pepper
- 3 tsp salt
- Freshly ground black pepper, to taste
- 1 10oz package of frozen, chopped spinach (thawed)

Directions:

1. To a large pot, add the oil, onion, and garlic. Stir to combine. Increase the heat to medium and sauté for 3 to 5 minutes, until the onion is softened.
2. Add the squash and sweet potato and stir to combine. Add a pinch of salt and continue sautéing for a few minutes longer.
3. Add the broth (which is bouillon base and water), diced tomatoes (with juices), coconut milk, lentils, tomato paste, turmeric, cumin, chili powder, cayenne, salt, and pepper. Stir well to combine.
4. Increase heat and bring to a boil. Reduce the heat to medium, stir again, and simmer uncovered for about 30 minutes, stirring

occasionally, until the squash and potato are fork-tender. Reduce the heat if necessary.

5. We will be adding 3-6 tsps. of apple cider vinegar in the parish kitchen.

Crab-Corn Chowder

All ingredients provided except olive oil and salt/pepper. Some substitutions had to be made which are identified in parentheses with asterisk.

Ingredients:

- 6 T. (or 3 oz.) olive oil
- 4 yellow onions diced
- 4 stalks celery diced
- 10 carrots diced
- 4 cloves garlic, chopped
- 12 T. butter (6 oz. or 1 ½ stick butter)
- 1 cup flour

- 2 cartons 32 oz. vegetable stock (*Substitute refrigerated bag of vegetable base and 64 ounces of water.)

- 2 cartons 32 oz. seafood stock (OR 2 packets of seafood concentrated boullion prepared to packet directions)
- 8 golden potatoes (skin on), 1/2-inch dice
- 1 T. salt
- 1 ½ tsp. pepper
- 1 bag 16 oz. frozen corn
- 4 tsp. Old Bay Seasoning
- 3 sprigs of fresh thyme
- 16 oz (or 1 pint) Half and Half
- 4 cans crabmeat – do not drain

Directions

1. Saute onion, celery, carrot, and light salt & pepper, in olive oil on med-high heat for 5 minutes or until carrots are tender. Add garlic and cook for 2 minutes
2. Add butter and melt, then add flour and cook for 3-4 minutes.
3. Whisk in stock, add potatoes, increasing heat to high, bring to a medium boil for about 10 minutes.

4. Reduce heat and simmer for 15 minutes.
5. Add corn, old bay seasoning and thyme.
6. Gradually stir in half and half.
7. Add Crab Meat.

Creamy Tomato Tortellini Soup

From Tasteofhome.com: This is a smaller recipe than normal. Makes about 5 quarts.

Ingredients:

- 1 20oz. package refrigerated cheese tortellini
- 2 cans (23.2 oz. each) Campbell's Tomato Soup (Do NOT dilute)
- 1 box vegetable broth (32oz.)
- 1 quart 2% milk
- 1 quart half and half
- 1 cup chopped oil-packed, sun-dried tomatoes
- 2 tsp. onion powder
- 2 tsp. garlic powder
- 2 tsp. dried basil
- 1 tsp salt (not provided)
- 1 cup shredded Parmesan cheese

Directions:

1. Cook tortellini according to package directions.
2. Meanwhile in soup pot, combine the tomato soup, vegetable broth, milk, half& half, sun-dried tomatoes, and spices.
3. Heat through; stirring frequently.
4. Drain tortellini; add to soup along with Parmesan cheese.

Irish Guinness Beef Stew

Adapted from SimplyRecipes.com

Cooks: Please note that this stew must simmer for at least 2 hours so plan accordingly. Can be made in advance and warmed before delivering.

Ingredients:

- 2.5 - 3 pounds well-marbled chuck beef stew meat, cut into 1 1/2-inch chunks (*Provided meat is pre-cut stew meat. When making at home, I prefer to use London broil.)
- 4 teaspoons of salt (more to taste)
- 1/4 cup olive oil
- 12 large garlic cloves, minced
- 2 large onions, chopped
- 2 (32 oz.) boxes beef stock (8 cups)
- 4 cups water
- 2 cups Guinness extra stout (1½ bottles)
- 2 cups red wine
- 4 tablespoons tomato paste (*Use remaining paste for your own purposes.)
- 2 tablespoons sugar
- 1 tablespoon dried thyme
- 2 tablespoons Worcestershire sauce
- 4 bay leaves
- 3 pounds small Irish potatoes (*Bag contains 5 lbs. - use 3/5 of the bag and keep the rest for your own purposes. Wash but do not peel. Cut potatoes in half.)
- 6 carrots, peeled and chopped

Directions:

1. Heat the olive oil in a large, thick-bottomed pot over medium-high heat. Working in batches, add the beef (do not crowd the pan, or the meat will steam and not brown) and cook, without stirring, until well browned on one side, then turn pieces over and brown on the other side. Sprinkle beef with teaspoon of salt as it cooks.

2. Without removing the oil from the pot, remove the beef from the pot and set aside on plates covered with paper towels to absorb excess oil.
3. Sauté the onions and garlic in the oil remaining in the pot until onions are tender.
4. Add stock, water, Guinness, wine, tomato paste, sugar, thyme, Worcestershire, and bay leaves to pot. Stir to combine. Return browned beef to the pot. Add carrots and potatoes. Bring to a boil, then cover and reduce to a simmer for one hour, stirring occasionally.
5. Uncover and simmer for an additional hour or until beef is tender. (Broth will cook off a bit.)

For smaller size stew portions to make at home, here is the original recipe:
http://www.simplyrecipes.com/recipes/irish_beef_stew/#ixzz4b4bZt1I3

Italian Wedding Soup

Ingredients:

- 2 onions, chopped
- 10 carrots, diced
- 2 Tablespoon parsley puree (frig section in tube)
- 4 cloves garlic, minced
- 64 oz vegetable broth
- 2 cubes Knorr's vegetable bouillon
- 1 cup grated parmesan cheese
- 1 16 oz. package meatless "meatballs", quartered (Trader Joes and Whole Foods carry)
- 1 head Escarole, roughly chopped (*Kale was substituted for 2017)
- 1 16 oz. box Acini di Pepe pasta

Directions:

1. Sauté onions and carrots in olive oil, cooking 6-8 minutes. Add garlic and parsley, cook 2 minutes.
2. Add veggie stock and bouillon cubes and bring to a boil.
3. Add parmesan cheese and stir through.
4. Add quartered veggie "meatballs" and escarole, cooking until escarole is wilted and "meatballs" heated through.

Note: Cook pasta separately and bring in another container to be added just before serving.

Lentil Soup

From Jane Brody's Good Food Book

Ingredients:

- 4 TBSP olive oil
- 4 large onions, chopped fine

- Bag of grated carrots (equals 6 large carrots)
- Spice bag (contains 1½ tsp marjoram, 1 ½ tsp thyme)
- 2 (28 oz) tomatoes with juice (do not drain)
- 14 cups vegetable broth
- 2 pkg lentils (rinsed)

- Salt and pepper bag (1 tsp salt, ½ tsp pepper)
- 12 oz. white wine (alcohol cooks off but enhances flavor of soup)

Directions:

1. Heat the oil in a large pot; add the onions and sauté for about 5 minutes until onions are soft.
2. Add the carrots, marjoram, thyme, tomatoes (undrained), broth, and lentils. Bring the soup to a boil, reduce the heat, cover the pan, and simmer for about 1 hour or until the lentils are tender.
3. Add the salt, pepper, and wine and simmer for a few minutes.

Moroccan Stew

All ingredients are provided except olive oil and salt/pepper. Substitutions are listed in parentheses with asterisk.

Ingredients:

- 1 cup french green lentils
- 3 bay leaves
- 3 sprigs fresh thyme (*dried thyme instead)
- 2 tablespoons minced garlic (from jar)
- 2 tablespoons olive oil
- 2 teaspoons crushed red pepper (*omitted)
- 2 teaspoons cinnamon
- 2 teaspoons cumin
- 2 teaspoons coriander
- 2 onions, chopped
- 2 celery, chopped
- 2 zucchini, chopped (*1 large zucchini)
- 2 red and 2 yellow peppers, diced (*4 red peppers)
- 1 package butternut squash, 1-inch cubes
- 2 cans (15 oz.) crushed tomatoes (*1 28 oz. can)
- 2 cans (15 oz.) chick peas, drained

- 2 packets concentrated veggie stock (Safeway green packet)
(*Refrigerated bag of veg. base instead of Safeway green packet)

- 64 oz. water

Directions:

Lentils:

1. Fill a large pot with water and bring to a boil over high heat.
2. Stir in the lentils and bay leaves.
3. Return to a boil, reduce heat to low and simmer lentils until they are cooked but still firm, about 10 minutes. Drain well.
4. Place lentils in a bowl; toss with olive oil, thyme, and 1 T. minced garlic.

5. Remove bay leaves; set lentils aside.

Soup:

1. Heat 1 tablespoon olive in a large pot over medium heat. Add 1 T. minced garlic, onion, celery, zucchini, red and yellow peppers, and squash; cook 3 or 4 minutes.
2. Stir in chili flakes, cinnamon, cumin, and coriander and cook until fragrant.
3. Mix in the lentils, tomatoes, chickpeas, and vegetable stock.
4. Raise heat to medium-high until stew just begins to boil; reduce heat to low and cover.
5. Simmer until squash is tender, about 20 minutes, stirring once or twice.
6. Add S&P to taste

New England Clam Chowder

Adapted from Black Dog Tavern Summer on the Vineyard Cookbook

*Note to cooks for 2017: We had to substitute 8 (6.5oz) cans of clams for the 51 oz can. Olive oil and salt/pepper are not provided.

Ingredients:

- 4 tablespoons olive oil (not provided)
- 2 onion, diced
- 8 celery, diced
- dash salt & pepper
- 6 diced potatoes, with skin
- 1 Tablespoon dried Dill
- 1 teaspoon black pepper
- 1 (51 oz.) can chopped clams (drained – **SAVE JUICE from cans of clams** – should be about 3 cups clam juice) found @ BJ's
- 1 stick salted butter
- 1 cup flour
- 2 quarts half and half

Directions:

1. In large stock pot, sauté onion, celery, dash of salt & pepper in olive oil until clear
2. Add clam juice, potatoes, dill and black pepper and simmer until potatoes are tender NOTE: If you do not have three cups of clam juice after draining clams, use vegetable bouillon to make up the difference.
3. In a separate small saucepan, melt butter and add flour and cook for about 5 minutes stirring often (this is the Roux)
4. Add clams to large stock pot and simmer
5. Stir in Roux and simmer another 5 minutes
6. In a separate saucepan, scald half and half by heating it until small bubbles appear at edges of pan.
7. Add scalded half and half to large pot, mix together and remove from heat

Vegetarian Chili

*Please note that this must simmer for 50 minutes.

Ingredients:

- 4 tablespoons olive oil (not provided)
- 4 onions, chopped
- 1 large red pepper, chopped
- 8 cloves garlic, minced (keep leftover cloves, if any, for your own use)
- 2 – 7 oz. large cans chopped green chiles
- 2 cans (28 oz. each) diced tomatoes with juices
- 3 cans (14.5 oz. each) tomato sauce (you will have one 28 oz & one 14.5 oz in your bag)
- 1 cup water
- 4 tablespoons (1/4 c.) unsulfured molasses
- 2 tablespoons chili powder
- 5 tablespoons unsweetened cocoa powder
- 5 tablespoons ground cumin
- 1 cans (28 oz. each) black beans, drained
- 2 cans (15 oz. each) red kidney beans, drained
- 1 cans (28 oz. each) corn, drained

Directions:

1. Cook onions and red pepper in olive oil (with a bit of salt & pepper) until onions are translucent.
2. Add garlic and cook 1 minute
3. Add green chiles, diced tomatoes, tomato sauce, **and 1 cup of water**, stir
4. Add molasses, chili powder, cocoa powder, cumin; stir.
5. Simmer, uncovered for 20 minutes
6. Add black beans, red kidney beans, and corn. Stir and cook uncovered 30 minutes more

Venus de Milo Soup

Ingredients:

Soup:

- 2 onions, chopped
- 2 packages Lightlife Smart Ground Veggie Protein Crumbles (found in Giant)
- 2 envelopes Lipton onion soup mix
- 1 bag 16 oz. frozen mixed vegetables
- 2 cans 14.5 oz. diced tomatoes
- 8 tsp “Better than Bouillon” base
- 64 ounces of water

Pasta:

- 1 vegetable bouillon cube
- 1 1/3 cup orzo pasta
- Water

Directions:

Pasta:

1. In a small pan boil about 6 cups of water add vegetable bouillon and orzo and cook until al dente (firm/minimum cook time).
2. DO NOT DRAIN. Add all to the stockpot of soup.

Soup:

1. Sauté onion in olive oil and a dash of salt and pepper until clear.
2. Add Lightlife Smart Ground Veggie Protein Crumbles, break up crumbles and cook 4 – 6 minutes
3. Add soup mix to coat onion and “meat” mixture
4. Add frozen veggies, stir to combine
5. Add canned tomatoes, stir to combine
6. Add water and “Better than Bouillon” base, bring to a slight boil, then reduce heat to simmer for about 30 minutes.
7. Add orzo and its broth

Note: If preparing soup in advance, please wait to add pasta until just before delivery.