

Micheff Sisters, “Souper Supper”

Tuscan Four Bean Soup

2 medium onion, chopped
2 Tbsp. extra virgin olive oil
1 tsp. dried oregano
3/4 c. chopped or snipped fresh basil
2 c. peeled, diced carrots
2 c. diced celery
4 c. water
4 Tbsp. McKay’s chicken style seasoning
1 28-oz. can crushed tomatoes
1 15 1/2-oz. can dark red kidney beans, drained
1 15 1/2-oz. can pinto beans, drained
1 15 1/2-oz. can garbanzo beans, drained
1 15 1/2-oz. can navy beans, drained

1. Sauté onions in olive oil, then add water, oregano, McKay’s chicken style, celery, carrots, crushed tomatoes, beans and fresh basil. Bring to a boil and simmer for 15 - 20 minutes.
2. When soup is done, using a hand blender, pulse soup for about 30 seconds, or remove 2 cups of the soup and blend until smooth, then return to the soup pot. **Cinda Sanner**

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Ball Park Soup

1 Tbsp. canola oil
1 medium onion, chopped
1 c. vegetable stock
8 c. water
3 no-beef bouillon cubes
2 c. shredded or chopped cabbage
1 c. sliced carrots
3 c. diced potatoes
1 c. vegetarian hot dogs, sliced
1/2 c. cooked pasta
1/2 tsp. onion powder
salt to taste

Combine all ingredients except cooked pasta in a large saucepan and simmer on low for about an hour. Five minutes before soup is done, add the cooked pasta. **Brenda Walsh**

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Zesty Red Lentil Soup

1 1/2 c. dried red lentils
2 1/2 c. canned diced tomatoes
1 c. mild salsa
2 c. tomato sauce
7 c. water
1 Tbsp. fresh minced garlic
1/2 c. sliced green onion
2 tsp. sea salt
1/2 tsp. seasoned salt
1 tsp. onion powder
1/2 tsp. sweet basil
1 c. diced zucchini
1 c. diced yellow summer squash
2 c. chopped fresh spinach or frozen spinach, thawed and drained

In a large saucepan, combine water, lentils, red peppers, green onions, garlic, basil, seasoned salt, onion powder, sea salt, tomato sauce, salsa, and diced tomatoes. Cook until vegetables are almost tender, then add the zucchini, summer squash and spinach and cook until just tender. **Linda Johnson**

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Broccoli Rice Soup

1 large head broccoli
1 Tbsp. extra virgin olive oil
1 Tbsp. soy margarine
1 medium onion, chopped
1 large leek, chopped
1 c. peeled, chopped carrots
1/2 c. medium-grain brown rice
4 c. water
2 Tbsp. McKay's chicken style seasoning
2 bay leaves
1 8-oz. package Tofutti Better than Cream Cheese
salt to taste

In a large saucepan, sauté onion, leek, carrots, and rice for 2 - 3 minutes. Mix chicken style with water and add to sautéed mixture along with bay leaves. Chop broccoli into small florets and add. You can also add the peeled, diced stems if you wish. Cover and cook for 15 - 20 minutes - until tender. Add Better than Cream Cheese and stir until melted and blended.

Cinda Sanner

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Mexican Corn Chowder

1 medium onion, diced
1/2 c. celery, diced
1 Tbsp. soy margarine
2 Tbsp. sweet red pepper, diced
1 Tbsp. jalapeño, diced
1/2 c. diced green chilies
1 tsp. celery salt
1 Tbsp. McKay's chicken style seasoning
1 tsp. chili powder
3 c. creamed corn
2 Tbsp. sugar
1 tsp. parsley
1 c. silk creamer, original flavor
2 Tbsp. cornstarch

In a large saucepan, sauté soy margarine, onions, celery, red peppers, celery salt, McKay's chicken style, chili powder and parsley. Add jalapeños, diced chilies, creamed corn and sugar. Cover and cook on low for about 20 minutes. Combine silk creamer and cornstarch and stir into soup. **Brenda Walsh**

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Home Style Vegetable Soup

4 c. shredded cabbage
2 c. carrots, sliced
1 c. onions, diced
3 c. potatoes, diced
10 c. water
4 Tbsp. McKay's chicken style seasoning
1 Tbsp. parsley
1 tsp. onion powder
1 tsp. low-sodium salt

In a large saucepan, combine all ingredients and simmer until tender. **Linda Johnson**

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