

ITALIAN SAUSAGE SOUP WITH TORTELLINI

1 lb. Italian sausage
1 c. chopped onion
2 garlic cloves
5 c. beef broth
1/2 c. water
1/2 c. dry red wine
**2 c. tomatoes, seeded and
peeled (can use canned)**
1 c. thinly sliced carrots
1/2 tsp. basil leaves
1/2 tsp. oregano leaves
8 oz. tomato sauce
1 1/2 c. sliced zucchini
8 oz. frozen tortellini
**3 Tbsp. fresh chopped
parsley**
**1 green pepper, cut into
1/2 inch pieces**
Grated Parmesan cheese

Remove casings and break sausage into small chunks and brown. Remove from pan. In drippings, saute onions and garlic. Add broth, water, wine, tomatoes, carrots, basil, oregano, tomato sauce, and sausage. Boil; reduce heat. Simmer, uncovered, for 30 minutes. Turn off and let sit for a few hours or overnight to let flavors blend. One hour before serving, add zucchini, tortellini, parsley, and green pepper. Simmer, covered, for 40 minutes or until tortellini are tender. Garnish with Parmesan cheese.

Slow Cooker Split Pea Soup

Prep Time

10 minutes

Cook Time

8 hours

Total Time

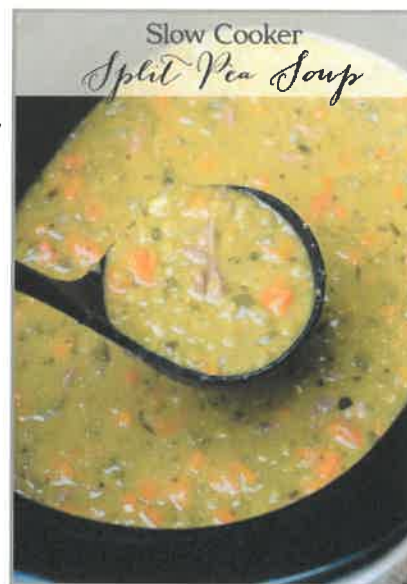
8 hours 10 minutes

Use your leftover holiday ham bone to make this creamy, satisfying, and very wholesome soup.

Servings: 6 to 8 servings

Ingredients

- 1 (16 ounce bag) green split peas, rinsed well and drained
- 2 carrots, peeled and chopped small
- 2 ribs celery, chopped small
- 1/2 cup finely chopped white or yellow onion
- 1 tablespoon minced garlic
- 1/3 cup chopped fresh Italian (flat leaf) parsley
- 1 tablespoon chopped fresh thyme
- 1 bay leaf
- 1 teaspoon salt, plus additional as needed
- Fresh ground pepper, to taste
- 1 meaty ham bone
- 6 cups low-sodium chicken broth (or more, as needed), divided



Instructions

1. Layer the ingredients, through the ham bone, in a slow cooker in the order listed. Add about 4 to 5 cups of chicken broth, just enough to cover ingredients. Reserve remaining chicken broth for later. Cover and cook on HIGH for 7 to 8 hours.
2. Stir occasionally during cooking time. When peas are tender, remove ham bone to a cutting board. Pull off the ham into small pieces and return it to the slow cooker. Discard ham bone and bay leaf. Use a spoon to lightly mash some of the peas against the side of the slow cooker and stir until nice and creamy, adding more broth, if needed, to reach desired consistency. Taste and season with additional salt and pepper, as needed.
3. This soup freezes exceptionally well. Freeze cooled soup in freezer containers. Thaw overnight in the refrigerator and then reheat in microwave or in a saucepan on the stove. When reheating, thin with a little water or chicken broth, if desired.

Notes

Please note that not all slow cookers will cook at the same rate. Some readers have found that cooking on HIGH for 7 to 8 hours was too long while others have found it to be just right. If you are unsure about your appliance, check the soup after several hours and turn to LOW if needed.

Recipe by From Valerie's Kitchen at <http://www.fromvalerieskitchen.com/slow-cooker-split-pea-soup/>

Jennifer Kieswether

Black bean, Quinoa and Corn Chili

2 T. oil

2 red onions, diced

2 red bell peppers, diced

2 cloves garlic, minced

28 oz can crushed or diced tomatoes

1t. cumin

1 t. chili powder

1 t. oregano

1 t. thyme

2-15 oz. cans black beans

2 – 15 oz. cans corn

1 c. quinoa cooked in 2 c. water

Salt and pepper to taste

½ c. cilantro (optional)

Garnish with grated cheese, green onions &/or sour cream

In a large pot, saute red onions in the oil til softened. Add the red peppers and garlic and saute 3 more minutes. Add the tomatoes, cumin, chili powder, oregano, and thyme and boil for 15 minutes. Add the beans, corn and quinoa and cook 5 more minutes. Add cilantro just before serving. Salt and pepper to taste. Add garnish at serving time. Makes about 8 servings of 1 cup.

Submitted by Sharla Cook

Hearty Potato Soup

Peel and boil 7-8 potatoes (in just enough water to cover) until tender.

When potatoes are tender, do not drain water. Mash potatoes with potato masher and add $1\frac{2}{3}$ velveta OR Cheddar cheese - continue mashing.

Saute 2 Tbsp butter, 4 green onions chopped and 1 cup mushrooms sliced.

Add to potatoes

Add milk to desired thickness

Diced ham optional

Salt and pepper to taste

Linda Stoller

Corn Chowder

Allrecipes.com (modified)

Serves: 8

Submitted by Carl Ruetz

Notes: Save some whole kernels for garnish. Depending on the type of potato used, they may soften in 10 to 12 minutes rather than 20.

Try ½ cup small diced red bell pepper for additional flavor.

4 – 8 slices	Bacon, diced (less bacon = more corn flavor)
4	Potatoes, medium sized, diced
1	Onion, medium sized, diced
2 cups	Water (or chicken stock)
2 cans	Cream style corn (14 – 15 oz each)
1 can	Whole kernel corn, undrained (11 oz)
2 – 3 tsp	Salt
2 Tbls	Corn meal (optional – to thicken chowder)
1/2 tsp	Nutmeg (optional)
1 - 2 cups	Half & half (1/2 – 1 pint)

1. In a stockpot or large sauce pan, cook the **bacon** until crisp. Drain bacon and crumble. Retain bacon drippings in pot. Set aside 1/3 crumbled bacon as garnish.
2. Add **potatoes and onion** to pot with bacon drippings and crumbled bacon. Cook 5 minutes to soften onion.
3. Stir in **water (or chicken stock), corn, salt, and (corn meal and nutmeg - if using)**. Bring to a boil, reduce heat to low, and cover pot. Simmer 20 minutes, stirring frequently, until potatoes are tender. **See notes**.
4. Warm **half and half** in a small sauce pan until bubbles form (do not let boil). Remove from heat and mix in with chowder just before serving (adjust creaminess to your liking). Adjust seasoning and garnish with additional crumbled bacon and/or whole kernels of corn. Serve.

Taste of Home

Ham and Lentil Soup Recipe

Sue Perkins 1/4/17

★★★★★

This actually is a combination of two soup recipes I came across and adapted. I often serve it for Sunday dinner, making enough so there are leftovers for my husband's lunch thermos. He's a bricklayer and regularly works outside during winter. We're the parents of three children—17, 16 and 11.

TOTAL TIME: Prep: 5 min. Cook: 2 hours 10 min.
YIELD: 10-12 servings**Ingredients**

- 1 meaty ham bone - *I used 1 smoked ham hock*
- 6 cups water + *1 chicken bouillon cube*
- 1-1/4 cups dried lentils, rinsed
- 1 can (28 ounces) diced tomatoes, undrained
- 2 to 3 carrots, sliced
- 2 celery ribs, sliced
- 1/4 cup chopped green onions - *I used small regular onion*
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder - *I used 2 garlic cloves chopped*
- 1/2 teaspoon dried oregano
- 1/8 teaspoon pepper
- 12 ounces Jones Dairy Farm All Natural Pork Sausage Roll, cooked and drained - *used Bob Evans*
- 2 tablespoons chopped fresh parsley - *can omit. I used only 1/3 this amount*

Directions

1. In a Dutch oven, bring ham bone and water to a boil. Reduce heat; cover and simmer for 1-1/2 hours.
2. Remove ham bone. To broth, add the lentils, tomatoes, carrots, celery, onions and seasonings; bring to a boil. Reduce heat; cover and simmer for 30-40 minutes or until lentils and vegetables are tender.
3. Meanwhile, remove ham from bone; coarsely chop. Add the ham, sausage and parsley to soup; heat through. **Yield:** 10-12 servings (3 quarts).

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SLOW-COOKER HOT BEEF SANDWICHES AU JUS

Ingredients

- 1 (4 to 5 lb.) beef rump roast or eye of round roast**
- 1 (1 oz) pkg. dry onion soup mix**
- ½ teaspoon dried oregano**
- ½ teaspoon dried basil**
- 1 (32 oz) Organic Beef Broth**
- 1 (12 oz) can beer or nonalcoholic beer**
- 2 garlic cloves, minced**

16 buns

Directions

- 1. Place beef roast in 3 ½ to 4 quart slow cooker. In medium bowl, combine all remaining ingredients except buns; mix well. Pour over roast.**
- 2. Cover; cook on low setting for 8 to 10 hours.**
- 3. Remove beef from slow cooker; place on cutting board or large plate. Slice beef with knife or shred with 2 forks; place in buns. If desired, skim fat from juices in slow cooker. Serve sandwiches with individual portions of juices for dipping.**

Taste of Home

Sue Perkins 1/4/17

Turtle Cookie Cups Recipe

★★★★★

The gooey caramel pairs wonderfully with crunchy pecans. For a twist, use white chocolate chips in the cups and drizzle with white chocolate. — Heather King, Frostburg, Maryland

TOTAL TIME: Prep: 35 min. + standing Bake: 10 min./batch + cooling

YIELD: 48 servings

Ingredients

- 1 cup butter, softened
- 1 cup packed brown sugar
- 1/2 cup sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 2-1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1-1/4 cups semisweet chocolate chips, divided
- 1/2 cup chopped pecans
- 1 cup Kraft caramel bits
- 3 tablespoons heavy whipping cream
- 48 pecan halves (about 3/4 cup)

Directions

1. Preheat oven to 375°. In a large bowl, cream butter and sugars until light and fluffy. Beat in eggs and vanilla. In another bowl, whisk flour, baking soda and salt; gradually beat into creamed mixture.
2. Shape dough into 1-in. balls; place in greased mini-muffin cups. Press evenly onto bottoms and up the sides of cups. Bake 9-11 minutes or until edges are golden brown. With the back of measuring teaspoon, make an indentation in each cup. Immediately sprinkle with 3/4 cup chocolate chips and chopped pecans. Cool in pans 10 minutes. Remove to wire racks to cool.
3. Meanwhile, in a small saucepan, melt caramel bits with cream; stir until smooth. Spoon into cups. Top each with a pecan half. In a microwave, melt remaining chocolate chips; stir until smooth. Drizzle over pecans. **Yield:** 4 dozen.

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I made half of these by halving all the ingredients.

Katie Rarck

Copycat Olive Garden Pasta e Fagioli Soup

Description

Copycat Olive Garden Pasta e Fagioli Soup is hearty, filling, and tastes just like Olive Garden's Pasta e Fagioli Soup. Easily made gluten-free, too!

Ingredients

Serves a crowd

- 1lb ground beef (I used 90/10)
- 1 small onion, chopped (1 cup)
- 1 large carrot, chopped (1 cup)
- 2 stalks celery, chopped (1 cup)
- 2 cloves garlic, minced
- 28oz can crushed tomatoes
- 15oz can tomato sauce
- 15oz can beef broth (plus more for heating)
- 15oz can red kidney beans (with liquid)
- 15oz can great northern beans (with liquid)
- 1 teaspoon salt
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/2 teaspoon dried thyme
- 1/2 teaspoon pepper
- 2x2" parmesan rind (optional)
- 8oz dry gluten-free or regular ditalini pasta (or any short cut pasta)

Directions

1. Brown ground beef in a large soup pot over medium-high heat until no longer pink, lightly seasoning with salt & pepper. Drain then return to the pot. Add onions, carrots, celery, and garlic, lightly season with salt & pepper, then saute for 10 minutes, stirring occasionally. Add the remaining ingredients, except for the pasta, then simmer for 1 hour stirring occasionally.
2. When the soup has 10 minutes left to simmer, cook pasta in salted boiling water until just under al dente. Drain then add to the soup and simmer for 5-10 more minutes. Remove parmesan cheese rind, then serve.

Notes

Slightly adapted from Todd Wilbur (<http://www.topsecretrecipes.com/Olive-Garden-Pasta-e-Fagioli-Recipe.html>)

This recipe is courtesy of Iowa Girl Eats, <http://iowagirleats.com>.

SKINNY Minnie Tortilla Soup: Lauren KUNR

- 1 can (16oz.) fat-free refried beans
- 1 can (14.5oz) low-fat or fat free chicken broth
- 1 can (5oz.) fat-free chunk chicken, w/ liquid
- 1 can (11oz.) whole kernel corn, w/ liquid
- 1 can (15.5oz) black beans, rinsed & drained
- 3/4 c. chunky salsa
- 2 cups light shredded mild cheddar cheese, divided
- Low-fat tortilla chips

1. Combine first six ingredients in 3qt. pot. Bring to a boil over medium heat, stirring until the refried beans are completely mixed w/ the other ingredients. Turn down heat to low & simmer for 10 mins., stirring occasionally. Add 1 cup cheese & stir until melted. Remove from heat.

2. Crumble 3-4 chips in bottom of each serving bowl. Ladle soup over chips & sprinkle w/ remaining cheese.

TORTELLINI MEATBALL SOUP

Mary Ecker

- 1 cup chopped onion (1 med.)
- 2 medium carrots, quartered lengthwise and sliced
- 1 rib celery, chopped
- 2 cans chicken broth - *4c, 4c*
- 2 cans stewed tomatoes (one with basil, garlic & oregano)
- 8 oz. *Italian meatballs* cut in half
- 2 oz. pkg. *cheese tortellini*
- 5-6 oz. bag baby spinach, rinsed
- Salt and pepper
- Water as needed

Cook onion, carrots and celery in broth under teflon. Add tomatoes and water. Bring to boil. Add meatballs, tortellini, spinach. Return to boil. Reduce heat and simmer, uncovered, until tortellini and spinach are done, about 8 minutes. Add salt & pepper to taste. Can reduce up to 3 days ahead, but add tortellini and spinach when reheating. Top with shredded parmesan if desired. Can use chicken instead of meatballs.