

The 12 Soups of Zion

On the first day of Advent, my true love cooked for me....

Greetings Zion!

For Advent in this unusual year, you are invited to curl up at home on Wednesday evenings, enjoy hearty and delicious soup, listen to beautiful music, and be inspired through stories related to hope. In this document, you will find 12 different soups recommended by six different Zioners. Pick a new one each Wednesday to try – and then let the rest carry you through the cold nights of winter.

On Wednesdays during Advent (December 2, 9, 16, 23) we'll check in and eat together over Zoom at 6:30, then begin a brief service of sung Evening Prayer (Holden Evening Prayer) at 7:00. You'll love this quiet setting of sung prayer.

Thanks to Peggy Fortner, Karen & Arnie Schroeder, Pat Rogers, Cindy Stoffregen, Ginny Poche, and Melanie Nelson for passing along these twelve recipes.

As we enter this season of waiting, how might your heart be inspired to hope?

Peace,
Pastor Mindy

1. Peggy Fortner's Tortilla Soup

2 (4-oz) skinned and boned chicken breast halves, cubed
2 cups frozen whole kernel corn, thawed
1 large onion, chopped
2 garlic cloves, pressed
2 (14-1/2 oz) cans low sodium, fat free chicken broth
1 (10-3/4 oz) can tomato puree
1 (10-oz) can diced tomatoes and green chiles
1/2 teaspoon salt
2 teaspoons ground cumin
1 teaspoon chili powder
1/8 teaspoon ground red pepper
1/8 teaspoon ground black pepper
1 bay leaf

COMBINE first 13 ingredients in a 4-quart slow cooker
COVER and cook at high 6 hours. Discard bay leaf
ENJOY.

2. Arnie Schroeder's Chili Con Carne

From Karen: This is not regular "soup", but it is award winning. Arnold and our daughter won 1st place in father/daughter Girl Scout chili cook off and I have won 2 times at Zion chili cook off with this recipe. Easy, not too spicy hot (can be bumped up), but kid friendly. Can be doubled with ease.

1 lb ground beef
1/2 C onion, chopped - I use dried
2 T shortening
1 T garlic, chopped - I use dried
2 T chili powder
1 T paprika
2 - 16 oz can tomato - I use petite chopped
1 tsp salt - may need to add more

Optional - 3 C cooked beans

I add -- 1 small can tomato sauce 1 less can tomato and 2 T chili sauce

Cook meat till brown, not crusty, add onions, garlic, chili powder, paprika, tomatoes, salt (tomato sauce and chili sauce if desired). Cover, cook over high heat until boiling, then reduce heat to simmer and cook for at least 1 hour, stirring often to not burn. If desired add cooked beans, heat thoroughly. Serve in bowls with crackers, chopped onion, grated cheese. Enjoy!

Cooking time - 1-1/2 hours, serves 4-6, best made day before....

3. Pat Rogers's Fresh Corn Chowder

Fresh Corn Chowder

6 ears corn
1/3 cup water
1/4 cup chopped onion
1/2 t. salt
4 cups milk
2 T. butter
1 t. salt
1/4 t. pepper
3 T flour
1 egg

Cup of tips of corn & scrape

Combine corn, water, onion and 1/2 t. salt. Boil, reduce heat and simmer covered for about 15 minutes. Stir to prevent sticking.

Stir in 3 1/2 cup milk, butter, 1 t. salt and pepper.

Shake together 1/2 cup milk and flour. Slowly add to mixture.

Cook over medium heat 10 minutes stirring constantly.

To slightly beaten egg slowly stir in 1 cup of corn mixture.

Then add back to chowder.

Cook over low heat 2 more minutes

4. Pat Rogers's French Potato Soup

VICHYSOISE (French Potato Soup)
from Food for the Family (My college textbook)

<i>Ingredients</i>	<i>For 2</i>	<i>For 4</i>	<i>For 6</i>
Butter	1 tb.	2 tb.	3 tb.
Onion, sliced	1/2 c.	1 c.	1 1/2 c.
Potatoes, thinly sliced	1 c.	2 c.	3 c.
Chicken stock*	1/2 c.	1 c.	1 1/2 c.
Milk, hot	1/2 c.	1 c.	1 1/2 c.
Salt	1/2 t.	1 t.	1 1/2 t.
White pepper	dash	1/8 t.	1/4 t.
Paprika	dash	1/8 t.	1/4 t.
Heavy cream	1/3 c.	2/3 c.	1 c.

Melt butter over low heat in a heavy saucepan; add onions, cover and cook slowly until onions are yellow.

Add potatoes and chicken stock and cook until potatoes are tender.

Purge in blender with hot milk. (Make sure to hold lid on blender and remove it carefully)

Add other ingredients.

Serve hot or thoroughly chilled. May top with chives, cheese or bacon bits.

*May use canned chicken broth, bouillon cubes dissolved in hot water, or stock made from boiling chicken.

5. Cindy Stoffregen's Curried Chicken Soup

from Rozee Schultz

- 2 Tbsp. butter
- 1 large onion, roughly chopped
- 1 large (29 oz. can) of pumpkin
- 2 c. chicken broth
- 2 c. half-and-half
- 1 (13.5 oz) can coconut milk
- ½ tsp ground ginger
- 1 tsp salt
- 1 tsp pepper
- 4 tsp. yellow or red curry powder (I used yellow)
- ½ to 1 tsp dried red pepper flakes, or to taste
- ¼ c. brown sugar
- 1-2 large cans (12.5 oz.) chicken (or 2 c. or more of leftover cooked, shredded chicken), optional

Melt butter in soup pan, sauté onion in butter until softened; add the rest of the ingredients, heating til it just comes to a boil. Be sure to stir regularly as it will stick and burn fairly easily. When adjusting the red pepper flakes for taste, be sure to let them get warm and “soak” into the soup a while before you taste it, as their flavor intensifies as they do this. Without the chicken added, it's a great creamy side soup. The chicken makes it a heartier meal.

6. Cindy Stoffregen's Slow Cooker Olive Garden Zuppa Toscana

Ingredients

- 32 oz low-sodium chicken stock or broth
- 3 cups water
- 24 oz spicy Italian sausage, cooked and crumbled
- 8 slices of bacon, cooked and crumbled (I [bake my bacon](#))
- 5 medium russet potatoes, 1/8-1/4 inch slices
- 1/2 large onion, diced
- 2-3 cloves of garlic, minced
- 2 tsp red pepper flakes (optional)
- Salt and pepper
- 2 c kale, chopped
- 1 c heavy whipping cream

Instructions

1. Place all ingredients except for kale and heavy cream into a large slow cooker.
2. Cook on low for 7-8 hours or until potatoes are tender.
3. Stir in kale and let cook for another 30 minutes.
4. Stir in heavy cream, let heat through (five minutes) and serve.
5. We like to serve this soup with some grated Parmesan cheese on top. Delicious!

7. Cindy Stoffregen's Squash and Pear Soup

This is a lovely sweet, yet not too sweet, soup with a hint of mild spice. Butternut squash and pears make a wonderful combination, and both flavors are evident in this warming fall and winter soup.

Prep Time: 15 minutes ; Cook Time: 25 minutes; Total Time: 40 minutes; Serves 6

Ingredients:

- 2 tsp olive oil
- 1 cup finely chopped onion (Minto and Greenville)
- 1 tbsp curry powder
- 1 pound butternut squash (about half a medium squash), cut into 1-inch pieces
- 2 ripe medium Bartlett pears, peeled, cored and cut into 1-inch pieces (Profarm Produce)
- 3 1/2 cups fat-free, low-sodium chicken or vegetable broth

Preparation:

Heat oil on medium heat in Dutch oven or soup pot. Gently sauté onions until softened-about 5 minutes. Add curry powder and stir, sautéing for 1 minute. Add butternut squash and pear pieces. Sauté for 3-4 minutes. Pour in chicken broth and bring to a boil. Reduce heat to low, cover and simmer for 20 minutes until squash and pear are tender. Transfer soup to a food processor or blender and purée until smooth, working in two batches if necessary.

8. Ginny Poche's Cathy's Taco Soup

Prep time: 10 minutes; cook: 22 minutes

Ingredients:

- 1 pound ground chuck
- 3 (15 ½ -ounce) cans Mexican-style chili beans, undrained
- 1 (15 ¼ -ounce) can whole kernel corn, undrained
- 1 (15 -ounce) can tomato sauce
- 1 (14 ½ -ounce) can whole tomatoes, undrained and chopped
- 1 (4 ½ -ounce) can chopped green chiles
- 1 (1 ¼ -ounce) envelope taco seasoning mix
- 1 ½ cups water

Toppings: corn chips, shredded lettuce, chopped tomato, sour cream, shredded Cheddar cheese

1. Cook beef in Dutch oven over medium-high heat until meat is browned, stirring until meat crumbles; drain
2. Stir beans and next 6 ingredients into beef, and bring to a boil. Reduce heat, and simmer, uncovered, 15 minutes, stirring occasionally.
3. Spoon soup into bowls; top with desired toppings. Yield: 3 ½ quarts.

Note: The Wilsons favorite dance night supper!

9. Ginny Poche's Tomato Basil Soup

1 large or 2 small Condensed Tomato Soup

1 carton of Chicken Broth

2 cans of Diced Tomato with basil or you can use a jar of prepared Brushetta – Trader Joes has a good one

Mix all ingredients and mix with Immersion blender or in the blender or food processor.

Heat to a boil and lower to simmer and it is ready.

Top with parmesan cheese and cheese toast or croutons.

10. Melanie Nelson's Eleanor's Tomato Soup

Eleanor's Tomato Soup 1999

(Created the year I began canning tomatoes)

$\frac{1}{4}$ C butter
onion / green pepper } Sauté

$\frac{1}{4}$ C flour - add, cook 1 minute while stirring

1 qt tomatoes - add, breaking up with potato
masher - cook a couple minutes while
stirring

1 tsp sugar

salt / pepper to taste

pinch soda - stir into tomato mixture

2 to $2\frac{1}{2}$ C milk - heat to scalding

Add to tomato mixture and heat to
just boiling - DO NOT BOIL

Oh, I forgot. Add a "hint" of garlic

11. Melanie Nelson's Potato Soup

Potatoe Soup

Potatoes - cubed } Water to almost
Onion } cover - cook until
Salt to taste } well done

Milk (heated) - about $\frac{3}{4}$ amount as
potatoe mixture

Butter } to taste
Pepper }

12. Melanie Nelson's Wild Rice Soup

Wild Rice Soup

1/4 C. butter } saute
onion

1/4 C. flour - add and bubble + minute
while stirring

2 C. chicken broth (canned or chicken base)

2 C (1/2 and 1/2 and milk mixed) - Add
and cook to thicken

Add the following ingredients which
should be fully cooked before adding to
above base:

1/4 C. wild rice (cook + hour and drain)

3 C. vegetables (celery / frozen mixed vegetables
Use 1/2 of 16oz bag - or whatever)

2 C. chicken or turkey (Use a couple cans
canned chicken - juice and all)

Make 2 or 3 batches - freezes well.