



Church of the Holy Eucharist

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Lenten Soup Nights 2019 Recipes

MARCH 9/10 —MINESTRONE SOUP

1/3 cup olive oil	1 can (15 oz) white kidney beans
2 cups celery, chopped	2 cups zucchini, diced
2 cups onion, chopped	1 (16 oz) bag frozen soup or mixed vegetables
2 cups carrots, chopped	3 teaspoons dried basil
5 cloves garlic, minced	½ teaspoon ground black pepper
1 small cabbage, shredded	1 teaspoon oregano
2 quarts vegetable stock	4 cups water, as needed
1 can (35 oz) whole tomatoes, chopped	2 ½ cups <u>uncooked</u> elbow macaroni

Heat oil in large soup pot and sauté celery, onion, carrots, garlic and cabbage for about 10 minutes until vegetables are slightly softened. Add broth and tomatoes; cook for 20 minutes. Add beans, zucchini, frozen vegetables, seasonings, and water as needed. Simmer until vegetables are tender. Meanwhile cook macaroni until firm in texture (al dente) according to package directions. Rinse with cold water, drain, and add to **cooled** soup.

March 16/17—BASIL TOMATO RICE SOUP

1/4 cup olive oil	2 cans (28 oz each) crushed tomatoes
4 medium onions, finely chopped	2 teaspoons dried basil
4 cloves garlic, finely chopped	2 teaspoons dried thyme (or ½ tsp powdered)
4 carrots, finely chopped	½ teaspoon ground black pepper
4 stalks celery, finely chopped	½ cup fresh parsley, finely chopped
3 ½ quarts vegetable broth	4 teaspoons sugar
	2 cups <u>uncooked</u> converted rice

Heat oil in large soup pot and sauté onions, garlic, carrots, and celery until tender. Add chicken broth, tomatoes, basil, thyme, black pepper, parsley and sugar; bring to boiling point. Reduce heat and simmer for about 20 minutes. Meanwhile, cook rice according to package directions. Cool rice and add to **cooled** soup.

March 23/24 —CHEESE TORTELLINI SOUP

¼ cup olive oil	4 quarts of vegetable broth
2 cups carrots, chopped	½ teaspoon ground black pepper
2 cups onions, chopped	½ cup fresh parsley, chopped
2 cups celery, chopped	2 pounds of cheese tortellini (frozen or fresh)

Heat oil in large soup pot and sauté carrots, onions and celery until tender. Add broth and bring to boiling point. Reduce heat and simmer for 15 minutes. Add parsley and pepper. Meanwhile, cook tortellini according to package directions until firm in texture (al dente). Strain and rinse under cold water. Add to **cooled** soup.

March 30/31 —Vegetable Barley Soup

1/4 cup olive oil	4 ½ quarts vegetable broth
2 cups onion, finely chopped	2 bay leaves
2 cups carrots, finely chopped	½ cup fresh parsley, chopped
2 cups celery, finely chopped	½ teaspoon ground black pepper
4 cloves garlic, minced	1 ½ cups uncooked barley
3 cups water	1 (16 oz.) bag frozen mixed vegetables

Heat the oil in a large soup pot & saute onion, carrots, celery & garlic until tender. Add water, broth & spices & bring to boiling point. Reduce heat & add barley & frozen vegetables. Simmer for 40 minutes or until barley is tender. Cool completely before filling quart containers.

April 6,7 —Pasta & Bean Napolian Soup

¼ cup olive oil	4 cans (15 oz.) Cannellini beans
2 cups onion, chopped	2 teaspoons dried basil
2 cups carrots, chopped	½ cup fresh parsley, chopped
2 cups celery, chopped	½ teaspoon dried rosemary leaves
4 cloves garlic, minced	½ teaspoon pepper
1 can (28 oz.) crushed tomatoes	1 lb. package medium shell pasta
3 ½ quarts vegetable broth	

Heat oil in large soup pot and saute onion, celery, carrots and garlic until tender. Add tomatoes and broth; bring to boiling point. Reduce heat and simmer for 30 minutes. Add beans and spices to soup and simmer for another 20 minutes. Meanwhile, cook pasta according to package directions until firm in texture (al dente). Rinse under cold water and add to cooled soup.