

Spinach and Lentil Soup

Ingredients:

2-3 garlic cloves, crushed
1 large onion, finely diced
3 large carrots, diced
2 celery stalks, diced
2 cups green lentils, rinsed
14 oz can diced tomatoes (with liquid)
6 cups vegetable broth, low sodium
2 cups water
3 bay leaves
1/2 tsp salt
1/2 tsp freshly ground black pepper
2 handfuls of spinach, roughly chopped

Directions:

1. Preheat large pot on medium heat. Spray with cooking spray and add garlic and onions. Sauté until translucent then add carrots and celery and sauté for 5 more minutes. Add lentils and sauté for another 3-5 minutes.

2. Add diced tomatoes, vegetable broth, water, bay leaves, salt and pepper. Bring to a boil, cover and cook on low for 30 minutes. Add spinach, remove from heat and let stand covered a few minutes. Serve warm garnished with Parmesan cheese if desired.

Good News *Collective* *Kitchen*



25 Meals for 25 Dollars!

Struggling to put healthy food on the table?
Need to get more out of your food dollars?
Want to meet new friends who love to cook?

Good News Collective Kitchen is a place where friends meet to cook healthy meals together and save money on their food budget. We seek to support families of Argyle so together we can live healthier lives with the resources we have. Our goal is to create community connections through cooking nutritious food together.

Take home 25 individual home-cooked, freezer-ready meals for **only \$25!**

Register Ahead for These Upcoming

Dates:

January 8
February 12
March 12
April 9
May 14

For more information contact:

Good News Church Office

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email:

goodnewscollectivekitchen@gmail.com

Hosted at Good News Church
476 Clarke Rd.
London, ON
N5V 2C7

5:00pm – 8:30pm

Chicken Noodle Soup

Ingredients:

1 tbsp butter
1/2 cup onion, chopped
1/2 cup celery, chopped
4 can (14.5 ounces each) chicken broth
1 can (14.5 ounce) vegetable broth
1/2 lb cooked chicken breast, chopped
1 1/2 cup egg noodles
1 cup carrots, sliced
1/2 tsp dried basil
1/2 tsp dried oregano
1 salt, to taste
1 pepper, to taste

Directions:

In a large pot over medium heat, melt butter. Cook onion and celery in butter until just tender, 5 minutes. Pour in chicken and vegetable broths and stir in chicken, noodles, carrots, basil, oregano, salt and pepper. Bring to a boil, then reduce heat and simmer 20 minutes before serving.



Potato Soup

Ingredients:

5 large baking potatoes, peeled & cubed {4 1/2 lb}
1/8 cup chopped onion
2 carrots, thinly sliced
1 {8 oz} package of cream cheese, softened
1/2 cup butter, softened
1 {10 3/4 oz} can cream of chicken soup, undiluted
2 cups milk
2 cups water
1 tsp salt
1/2 tsp ground pepper
8 bacon slices, cooked and crumbled
Shredded cheddar cheese

Directions:

1. Combine first 3 ingredients and add water to cover. Bring to a boil, cover, reduce heat, and simmer 12 minutes or until potatoes are tender. Drain.
2. Beat cream cheese and butter in a medium bowl at medium speed with an electric mixer until creamy. Add cream of chicken soup, beating well. Gradually add milk, beating until smooth.
3. Add milk mixture to vegetable mixture. Stir in 2 cups water, salt, and pepper. Bring to a boil; reduce heat and simmer, uncovered, 15 minutes, stirring occasionally. Mash with potato masher to desired consistency.
4. Top each serving with bacon and cheddar cheese, if desired.