

Empty Bowls Dinner Soup Recipes

Beef Barley

Brown meat, onion, and garlic in oil.

3-4 lbs stew meat cut into small cubes < 1 inch
2 medium onions, chopped
4 cloves garlic

Add the following and simmer for 1 hour:

2 (28 oz) cans diced tomatoes
8 cups beef stock
2 bay leaves
1 cup pearl barley(if using quick-cook kind, add later)

Add the carrots and simmer for 10-15 minutes

6 carrots cut into bite-sized chunks or slices

Just before serving, add:

20 oz fresh spinach or kale, chopped fairly small ***

*****Do not add spinach or kale if making soup for the event**



Chicken Noodle

Bring to boil 3 quarts water and add:

3 lb broiler/fryer chicken, skinned with all visible fat removed
2 onions, well chopped
8 celery stalks, chopped
3 bay leaves
3 Tbsp dried parsley
2 tsp thyme
Salt and pepper

Reduce heat and simmer partially covered for at least one hour or until chicken is tender. Frequently skim froth off the top. Remove chicken and strain stock. Refrigerate stock to defat it by skimming off hardened fat from surface of cooled stock.

Remove chicken bones and break chicken into bite-sized pieces (do not shred).

Add:
8 carrots cut into bite sized chunks

Heat stock to boiling, then add:

Chicken meat
2 cans chicken stock or canned broth
1- 16 oz package wide egg noodles***

***** Do not add pasta if making soup for the event**

Simmer until carrots are tender and pasta is cooked. Adjust salt/pepper seasoning.

Minestrone

Bring to a boil in a large pot:

16 cups water
1-2 onions, finely chopped
1 cup celery, chopped

Season with:
2 tsp. salt
2 tsp. garlic powder
1 tsp. black pepper
1 Tbsp. Italian Seasoning

After water boils, add:

1 large can diced tomatoes
4 carrots, peeled and cut into bite-sized pieces
2 potatoes, peeled and cut into bite-sized pieces

Lower heat to a simmer and after carrots and potatoes are slightly tender, add:

1 head cauliflower, broken into bite-sized pieces
3 zucchini or yellow summer squash, cut into bite-sized pieces
½ pound green beans, cut into 1 inch pieces (if available fresh; if not, leave out)
2 cups fresh kale, chopped fairly small

Simmer 20-30 min. and add:
2 (15 oz) cans kidney beans
2 (15 oz) cans garbanzo beans
8 oz Trader Joe's mini cheese ravioli or any firm pasta, pre-cooked per package directions***

Simmer until heated through.
***** Do not add pasta if making soup for the event**