

# SOUPS/CHILI

## **BEEF STEW**

1 1/2 lb. beef cubes, round or sirloin  
1 sliced onion  
1 bay leaf  
2 tsp. paprika  
1 tsp. Worcestershire  
1 clove garlic  
Salt and pepper to taste  
4 or 5 carrots cut in 1 inch pieces  
3 or 4 potatoes, peeled and cut in 1 or 2 inch pieces

Brown beef cubes in 2 or 3 tablespoons oil. Add next 6 ingredients. Pour 3 cups boiling water over this. Simmer for 1 or 2 hours or until tender. Add potatoes and carrots; cook until done. Lift out meat, potatoes, and carrots. Add thickening to make gravy. Return meat and vegetables to gravy. Serve with homemade biscuits.

Joyce White

## **BROCCOLI AND CHEESE SOUP**

1-8 oz. frozen chopped broccoli  
1 large onion, diced  
3 chicken bouillon cubes  
1/2 lb. American cheese, grated  
3 c. water  
3 c. milk  
6 oz. fine egg noodles  
Dash of garlic powder  
1 Tbsp. oleo  
Dash of Tabasco

In large kettle, cook onions in oleo. Add water and bouillon cubes; gradually add noodles. Boil and cook for 3 minutes. Add broccoli, garlic powder, and Tabasco. Add salt and pepper to taste. Boil for 3 minutes. Add cheese and milk; cook until cheese melts.

Becky Neal

## **BROCCOLI-CHEESE SOUP**

2 Tbsp. butter or margarine  
6 c. water  
8 oz. fine noodles  
2-10 oz. pkg. chopped broccoli  
6 c. milk  
1 lb. American cheese  
1 to 1 1/2 c. chopped onion  
7 chicken bouillon cubes  
1 tsp. salt  
1/8 tsp. garlic powder  
Pepper to taste

Melt butter in large pot. Add chopped onion. Cook until transparent. Add water and bouillon cubes. Bring to boil, stirring until cubes are dissolved. Add dry noodles and salt. Boil for 6 minutes. Cook broccoli according to package directions and drain. Add cooked broccoli and garlic powder; boil for 6 minutes. Remove from heat. Slice American cheese. Add to broccoli; stir. Add milk and pepper. Return to low heat. Simmer, stirring constantly, until cheese is melted. Do not boil. If it is runny and you want it thicker, thicken with milk and cornstarch.  
This freezes well.

Brenda Kelley

## **CHEESY WILD RICE AND POTATO SOUP**

5 slices bacon  
1/4 c. chopped onion  
2-10 3/4 oz. cans cream of potato soup, undiluted  
4 c. milk (I use 2%)  
8 oz. cubed American cheese  
1/2 c. uncooked wild rice, instant

Wash wild rice in 3 changes of hot water; drain. Cook with equal amount of water, omitting salt; set aside. Cook bacon in Dutch oven until crisp; remove bacon. Crumble; set aside. Sauté onion in bacon drippings until tender. Remove with slotted spoon. Dispose of all grease. Add all ingredients back to Dutch oven; cook over medium heat until all cheese melts. Stir often so it doesn't stick. Serve immediately. Yield: 9 cups.  
If desired, garnish individual servings with bacon.

Lona Carol Pierce

## **EVA DERRYBERRY'S CHICKEN VEGETABLE SOUP**

2 cans cream style corn  
2 qt. tomato juice  
2 lb. chicken (or more)  
4 c. chopped potatoes  
2 c. chopped celery  
2 c. chopped onions  
1 1/2 c. sliced carrots  
Red pepper to taste  
Black pepper to taste  
Salt to taste

Stew chicken and remove bone. Cook potatoes, celery, onions, and carrots in chicken broth plus water. Add all other ingredients and cook slowly. Don't overcook.

Robbie Wallace

## **GOOD HOUSEKEEPING'S 25 MINUTE VEGETABLE SOUP**

2 Tbsp. salad oil  
1 small onion, diced  
1/2 bunch broccoli, cut into 2x1/2 inch pieces  
1/8 tsp. red pepper  
1 can cream of celery soup  
1 can cream of potato soup  
1 c. frozen peas  
1 1/2 c. milk  
2 c. water  
4 oz. Cheddar cheese, shredded

In 4 quart saucepan, over medium heat in hot salad oil, cook onion, broccoli, and red pepper until vegetables are tender, stirring often. Add potato and celery soups (undiluted), milk, frozen peas, and water. Over high heat, heat to boiling. Add cheese; cook, stirring often, until cheese is melted. Makes 8 cups, about 190 calories each cup.

Marie Deusner

## **CHILI**

1 lb. ground beef  
1 onion, chopped  
3 Tbsp. butter  
1 to 2 cans kidney beans  
1 can tomato soup  
1 Tbsp. chili powder  
1 tsp. flour  
3 Tbsp. water  
1 tsp. salt

Brown ground beef and onion in butter. Mix beans and tomato soup in crock pot or pan. Add browned ground beef and onion. Mix into a paste the chili powder, flour, water, and salt. In crock pot, cook on LOW all day.

This is great for 1 or 2 people. I usually double the recipe. This was Mary V. Austin's recipe and she had this once a year for the Acteens.

Leigh Ann Caldwell

## **CHILI**

1 lb. ground beef  
1 finely minced onion  
1 Tbsp. vinegar  
3 tsp. brown sugar  
1 tsp. salt  
1 tsp. black pepper  
1 tsp. chili powder  
1 tsp. garlic powder  
1 large can (about a qt.) tomatoes, drained and chopped  
2 cans kidney or pinto beans

Brown ground beef. In separate pan, brown onion. I use microwave for onion. Just cook until glassy. Combine beef and onion in large pot. Add remaining ingredients in order given. Add beans last. Let simmer on low for 20 to 30 minutes, stirring occasionally.

Makes 6 to 8 servings.

You may want to add more chili powder and brown sugar. Adjust to your taste.

Brenda Kelley

## **CHILI CON CARNE (WITH BEANS)**

3/4 to 1 lb. pinto beans  
1/4 c. chopped onion  
2 cloves garlic  
3 Tbsp. fat  
1/4 c. chili powder, less if desired  
1 Tbsp. flour  
1 Tbsp. salt  
2 or 3 lb. ground beef  
1 large can tomato juice  
1 tsp. oregano

Thoroughly wash beans; cover with water and soak overnight. Brown onion and garlic in fat. Blend chili powder, flour, and salt. Add to onion and garlic. Add beans and meat (no need to brown meat). Cover and cook for 1 hour. Add tomato juice and oregano; cover and simmer for 1 1/2 hours or until beans are tender.

Can use canned chili beans instead of pinto beans if desired.

Vonzille W. McClendon

### **EASY CHILI**

2 lb. ground beef  
2 medium onions, chopped  
3 cloves garlic, crushed  
1 large can tomato juice  
3 cans dark red kidney beans  
2 pkg. "French's Chili-O" mix  
1 tsp. chili powder, optional  
Salt and pepper to taste

In large pot, brown beef, onion, and garlic. Drain excess fat. Add all other ingredients and simmer over low heat for 2 to 3 hours, uncovered, stirring occasionally. If sticks to bottom, change pots.

For spicier chili, add chili powder.

Ed Dill

### **HOMEMADE "CHILI"**

1 1/2 lb. lean ground chuck  
1 Tbsp. salad oil  
2 onions, chopped

3 Tbsp. chili powder  
2 c. tomato juice  
2 c. water  
2-No. 2 cans red kidney beans  
Salt to taste

Heat salad oil in Dutch oven over medium heat. Cook onions in salad oil until golden in color. Add ground beef. Brown beef, stirring constantly, to keep particles separated. Sprinkle 1/2 teaspoon salt and the chili powder over the meat. Add the tomato juice, water, and beans; simmer over low heat for 3 hours, stirring occasionally. Serves 4. Good with crackers and sharp Cheddar cheese, relish tray of fresh carrot strips, celery, and dill pickles.

Faye Johnson

### **HAM AND CHEDDAR CHOWDER**

1/2 c. chopped onion  
1/2 c. diced celery  
Butter  
2 c. chicken broth  
2 c. diced potatoes  
1/2 c. diced carrots  
2 Tbsp. dried parsley  
1 tsp. salt  
1/4 tsp. pepper  
1/4 c. butter  
1/4 c. all-purpose flour  
2 c. milk  
2 c. grated Cheddar cheese  
1 c. cubed ham

In a skillet, sauté the onions and celery in a small amount of butter. In a large kettle, combine broth, potatoes, carrots, parsley, onion, celery, salt, and pepper. Bring to a boil; reduce heat and simmer for 10 to 12 minutes until carrots and potatoes are tender. In a small saucepan, melt butter and add flour. Stir until smooth, about 1 minute. Slowly add milk and cook until thickened. Add the cheese and stir until melted. Pour the sauce into the soup mixture and add the ham. Heat through. Serves 6.

Janice Carnal

### **SAM JONES FAVORITE STEW**

2 lb. cubed beef  
3 Tbsp. diced salt pork  
4 small onions  
4 carrots  
4 potatoes

Flour and brown beef and pork; add salt and pepper to taste. Add 1 1/2 cups water; cook slowly for 2 hours. Add vegetables; cook for 30 minutes longer.  
Flavor is improved if onions are sautéed in butter.

Robbie Wallace

### **SPLIT PEA SOUP**

1 pkg. split peas  
1 pkg. carrots  
1 medium onion  
2 slices center cut ham  
Salt and pepper to taste

Look over and wash 1 package split peas. Bring to full boil in large kettle; drain and fill kettle again. Simmer for 1 hour. Add 1 package carrots, finely cut up, 1 finely chopped medium onion, 2 slices of diced ham, and salt and pepper to taste. Simmer for 60 to 80 more minutes or until thickened.  
May be pureed if you like.

Emily Jane Ridenour

### **BLACK BEAN SOUP**

3-16 oz. cans black beans  
4 cloves garlic, crushed  
1 1/2 tsp. cumin  
1 1/2 tsp. oregano  
4 Tbsp. white vinegar, divided  
10 Tbsp. olive oil, divided  
1 large onion chopped  
1 large green pepper, chopped  
Juice of 1/2 lemon  
1/2 c. rice, cooked  
1/4 c. minced onion

Combine beans, garlic, cumin, oregano, and 2 tablespoons vinegar in saucepan. Heat 1/2 cup olive oil in Dutch oven. Add onion and green pepper and fry until light brown. Add crushed seasonings and fry slowly. Add beans and lemon juice. Cook slowly until ready to serve. Mix cooked rice and remaining onion and marinate in remaining 2 tablespoons olive oil and 2 tablespoons vinegar. To serve, top each serving of soup with one large spoonful of marinated rice. Yield: 6 servings

Elizabeth Coffman

### **CHICKEN AND RICE SOUP**

4 chicken breasts (could use any chicken, we prefer breasts)  
2 cans chicken broth  
1 chopped onion  
4-6 stalks chopped celery  
1 c. uncooked rice  
1 jar of sliced mushrooms  
1 can of condensed cream of mushroom soup  
1 can of condensed cream of chicken or celery soup  
Half a bag of frozen peas (have used corn or no vegetables at all)  
Salt and pepper to taste

Boil chicken breasts until done. Remove breasts, let cool and cut into small pieces. Add broth to chicken water; add rice, celery and onion. Cook about 25 minutes until rice is done. Add chicken, mushrooms, peas, and soups. Cook until peas are done. Sometimes you may have to add some water if it is too thick.

Barbara Blankenship

### **SHEILA'S POTATO SOUP**

6 medium white potatoes, peeled and diced  
2 carrots, diced  
6 stalks celery, diced  
3 chicken bouillon cubes  
2 qts. water  
1 onion, chopped  
6 Tbsp. butter  
6 Tbsp. flour  
1 1/2 c. milk  
1/2 lb. or less of Velveeta cheese

Combine potatoes, carrots, celery, and bouillon cubes in large kettle. Add water and salt and pepper to taste. Cook for 15 to 20 minutes or until carrots are tender. In another pot, sauté the 6 tablespoons butter and chopped onion till onion is glossy looking. Add 6 tablespoons flour and the milk. Pour in potato mixture and turn down to simmer. Add Velveeta cheese; melt. Serve with grated cheddar cheese and bacon on top.

Sheila Hayes

## **TORTILLA SOUP**

3 to 4 chicken breast with bone in  
1 stalk of celery  
1 chopped onion  
1 clove of garlic  
Salt to taste  
1 can of ""Healthy Choice"" tomato soup  
1 can of original Ro-tel tomatoes  
1 can of diced tomatoes  
2 cups chicken broth (measured from cooking chicken)  
1 can niblet corn, undrained  
1 medium can Bush baked beans  
1/4 c. minced onion  
1 t. cumin  
1 t. garlic powder  
1 pkg. Equal, optional)

Put chicken in large pot and cover with water. Season with salt. Add celery, chopped onion, and clove of garlic. Cook until chicken is tender. When chicken is done, strain and reserve at least 2 cups of broth. De-bone and chop the chicken. In a large pot, combine tomato soup, Ro-tel tomatoes, diced tomatoes, 1 cup of the broth, corn, baked beans, minced onion, cumin, garlic powder, and Equal. Add chicken and another cup of broth. Simmer for about 30 minutes. Pour into bowls and sprinkle with cheddar cheese or cheese of your choice. Crumble tortilla chips on top.  
Delicious. More broth can be added if you like thinner soup.

Jean Ann Dixon

## **BAKED POTATO SOUP**

8 large baking potatoes  
1 1/2 qts. chicken stock

1/2 c. chopped onion  
1 Tbsp. parsley  
1 stick butter  
10 drops Tabasco and some cayenne pepper for taste  
1 pt. of cream  
chopped green onion  
Colby cheese or cheese of choice  
Bacon crumbs  
Salt and pepper

Bake the potatoes. Put at least 7 of the baking potatoes in food processor and blend smooth. Save one for chopping if desired, to add a little texture. Sauté' 1/2 cup chopped onion and 1 tablespoon parsley in butter. Mix the potatoes with the chicken stock: add onion, parsley, Tabasco, red pepper and season to taste. Simmer until hot and blended. Add at least 1/2 pound of cheese to soup and heat slowly. Top each bowl with green onion (if desired) and bacon.

To reduce the fat you can use the broth for sautéing the onion and parsley and you can also use 1% milk or any low fat milk in place of cream. Of course it is richer with the butter and cream. You may also add as much cheese as you like for the thickness you like. I prefer more cheese.

Peggy Robins

### **HURRY-UP SOUP**

1-16 oz. can mixed vegetables  
1/2 tsp. dried basil  
1-10 3/4 oz. can chicken noodle soup  
1/2 c. water  
1-16 oz. can peel tomatoes, chopped  
1/4 tsp. dried minced garlic  
1 tsp. dried parsley

Mix all ingredients and liquids into large pot. Mix and heat thoroughly. Simmer and serve with your favorite bread or crackers. Serves 6.

Good to keep in pantry for a quick meal.

Brenda Kelley

### **EASY POTATO SOUP**

2 c. milk  
2 c. water  
1 can of cream of chicken soup  
1 can cream of celery soup  
1 can of chicken broth  
1 pkg. of cubed hashbrowns  
1 large jar cheez whiz  
chives  
bacon  
shredded cheese

In large soup pot, combine milk, water, soups, broth, and hashbrowns. Cook 10 minutes. Take lid off of cheez whiz and melt in microwave. Pour into soup mixture and cook 10 more minutes. Serve. Garnish with chives, bacon, and shredded cheese. You can add 1/2 cup of chopped onion and a little seasoned pepper for more flavor.

Debbie Smith

### **CHICKEN NOODLE SOUP**

1 c. each of chopped onion, carrots, and celery  
1 clove garlic, minced  
1/4 c. plain flour  
1/2 tsp. dried oregano  
1/4 tsp. dried thyme  
1/4 tsp. poultry seasoning  
6 c. reduced sodium chicken broth  
4 c. diced peeled uncooked potatoes  
1 tsp. salt  
3 c. cooked diced chicken, skinless  
2 c. uncooked yolk-free noodles  
1 c. fat free evaporated milk  
2 tsp. olive or canola oil

In large pot, sauté the onion, carrots, celery, and garlic for 5 minutes or until tender. In small bowl, stir flour, oregano, thyme and poultry seasonings until blended. Add to vegetables and sauté 1 minute longer. Gradually add broth, potatoes, and salt. Bring to boil. Reduce heat, cover and simmer for 15 -20 minutes or until potatoes are tender. Stir in chicken and noodles. Simmer 10 minutes or until tender. Reduce heat. Stir in the milk; heat thoroughly but do not boil. Yield: 8 servings.

Brenda Kelley

## **TACO SOUP**

1 1/2 lb. ground beef  
1 large onion, chopped  
1-8 oz. can tomato sauce  
1-10 oz. can rotel  
1-14 1/2 oz. can tomatoes (Mexican)  
1-14 1/2 oz. can kidney beans  
1-14 1/2 oz. can shoe peg corn  
1 pkg. taco seasoning  
4 cups water

Cook ground beef and onion. Drain fat. Add tomato sauce, rotel, tomatoes, kidney beans, corn, taco seasoning, and water. Simmer 1 hour. Top with cheese and sour cream. I serve with Tostada chips.

Gail Adcock Taylor

## **WINTER SOUP**

2 lbs. ground beef  
1 onion, chopped  
1 pkg. taco seasonings  
1 pkg. Ranch seasoning  
1-16 oz. can kidney beans  
1-15 oz. can black beans  
1-16 oz. can pinto beans  
1-10 oz. can rotel tomatoes  
1-14.5 oz. can diced tomatoes  
2-16 oz. cans white corn  
2 c. water

Brown ground beef and onion. Add dry seasonings. Add remaining ingredients, rinsing the cans out with the 2 cups of water. Simmer two hours.

You can garnish your soup with sour cream, cheddar cheese, and green onions. I used ground chuck. I served with corn bread. If you want to be fancy, cook it in waffle iron.

Brenda Kelley

## **SAN JUAN BLACK BEAN SOUP**

1 lb dried black beans  
2 qts water  
1 Tbsp. salt  
4 cloves garlic, crushed  
1 1/2 tsp. cumin  
1 1/2 tsp. oregano  
4 Tbsp. white vinegar, divided  
10 Tbsp. olive oil, divided  
1 large onion, chopped  
1 large green pepper, chopped  
Juice of 1/2 lemon  
1/2 c. rice, cooked  
1/4 c. minced onion

Soak beans in water and salt overnight. Cook until tender (about 2 to 2 1/2 hours). Combine garlic, cumin, oregano, and 2 tablespoons vinegar in food processor with steel blade, or crush with mortar. Heat 1/2 cup olive oil in Dutch oven. Add onion and green pepper and fry until light brown. Add crushed seasonings and fry slowly. Drain some water off cooked beans before adding to Dutch oven. Add lemon juice. Cook slowly until ready to serve. Mix cooked rice and remaining onion and marinate in remaining 2 tablespoons olive oil and 2 tablespoons vinegar. To serve, top each serving of soup with one large spoonful of marinated rice. Yield 6 servings as main course; 10 as appetizer

Elizabeth Coffman

## **CORN CHOWDER**

1 stick butter  
1 medium onion, chopped  
1/2 c. carrots cut very fine  
1 celery stalk, chopped fine  
1 clove garlic, chopped fine  
1/2 c. flour  
2 cans shoe Peg corn  
2c. potatoes, chopped fine  
3 c. chicken broth (2 cans)  
3/4 c. half and half  
Pinch of nutmeg, salt and pepper

Melt butter in large skillet. Add onion, carrot, celery, and garlic. Stir until onion is clear and add flour. Brown stirring all the time. Cool to room temperature. Add corn and potatoes to chicken broth. Cook until potatoes are tender. Very slowly, add broth to roux and then the remainder in pan. Simmer for 5 to 10 minutes and when thick slowly add half & half. Simmer 10 minutes and enjoy.

Serve with grated cheese and chopped onion on top if desired.

Betty Sheppard

### **BRENDA'S CROCKPOT TACO SOUP**

1 lb. ground lean beef  
1 onion, chopped  
1 (16 oz.) can chili beans  
1 (15 oz.) can kidney beans  
1 (15 oz.) can whole kernel corn  
1 (8 oz.) can tomato sauce  
2 c. water  
1 (28 oz.) can diced tomatoes  
1 (4 oz.) can diced green Chile peppers  
1 (1.25 oz.) pkg. taco seasoning mix

DO NOT DRAIN ANY OF YOUR VEGETABLES! Brown ground beef until pink color is gone. If there is any grease, blot with paper towel. Put ground beef and onion in crock-pot. Add kidney beans, chili beans, corn, tomato sauce, diced tomatoes, green Chile peppers, water and taco seasoning mix. Mix and cook on high for 2 hours and low for 3 hours or you can cook on low for 8 hours.

You can serve it with your favorite topping. I like grated cheese or Fritos. You can also put spoon of sour cream. I call this a dump it soup, just open and dump.

Brenda Kelley

### **VEGETABLE BEEF STEW**

1 lb. lean beef tips cut into 1/2 in. cubes  
1 Tbsp. vegetable oil  
2 (10 1/2 oz.) cans low sodium fat-free beef broth  
4 carrots, scraped and sliced  
4 medium sized potatoes, peeled and cubed  
3 medium sized onions cut in large pieces  
2 (16 oz.) cans whole tomatoes, undrained and chopped  
1 (17 oz.) can whole kernel corn, drained  
1 (16 oz.) can English peas, drained  
1 (10 oz.) pkg. frozen lima beans  
1 Tbsp. sugar  
1 tsp. garlic powder  
1/2 tsp. salt

1/2 tsp. pepper

Cook beef in oil in a Dutch oven over medium heat, stirring constantly, until brown. Drain. Add beef broth and remaining ingredients. Bring to a boil over high heat. Reduce heat and simmer 1 hour, stirring occasionally. Yield: 16 cups

I added some crushed red pepper, 1 clove of garlic, approximately 1 teaspoon chili powder and some mixed spices. Just put the spices you like. I did not add any salt.

Elizabeth Coffman

### **CREAMY CORN & TURKEY SOUP**

1/2 c. chopped onion  
1 c. chopped red pepper (divided)  
2 Tbsp. butter or margarine  
4 oz. cream cheese (cubed)  
1 can (14.7 oz.) cream-style corn  
2 c. chicken broth  
3/4 c. 2 percent milk  
2 c. shredded leftover turkey (optional)

Cook onion and half of the peppers in butter in large sauce pan on medium heat until tender, stirring frequently. Reduce heat to low and add cream cheese, cook until melted stirring constantly. Add corn, broth, milk, and turkey. Mix well. Cook until soup is heated through stirring occasionally. Serve topped with remaining chopped pepper.

Makes 6 servings, 1 cup each.

Prep time 10 minutes/total 25 minutes.

Janice Dininger

### **BROCCOLI AND CHEDDAR CHEESE SOUP**

1 onion, chopped  
2 Tbsp Italian reduced fat dressing  
1 can (10 1/2 oz.) condensed chicken broth  
2 cans of water from broth can  
4 c. chopped broccoli  
1 c. fat free milk  
1/2 c. minute white rice (uncooked)  
1 c. Kraft 2 per cent milk reduced fat sharp cheddar cheese

Cook onion in dressing in large sauce pan until tender. Add broth and water and broccoli, bring to a boil and cook 8 to 10 minutes or until broccoli is tender. Stir in milk and rice. Reduce heat to medium. Cook 5 minutes. Pour into blender or food processor container in batches, cover. Blend until smooth, return to saucepan, cook on low heat until heated thru. Top each serving with cheese.  
Makes 6 servings 1 cup each

Janice Dininger