Soup’s On!

Soup Recipes from Members of the Livermore Woman’s Club

Enjoy!
In 2013, the Livermore Woman’s Club added a new twist to its annual November cookie exchange (held the Saturday before Thanksgiving). We asked members to volunteer to bring soup to the cookie exchange, and we feasted on a variety of soups and some bread prior to exchanging cookies.

This soup cookbook contains recipes contributed by our members at the 2013 cookie exchange and all subsequent ones. Recipes will be added each year following our cookie exchange.

We as a club have not sampled ALL of the soups made from the recipes contained herein as members often submit recipes as part of a “recipe exchange” to compliment the cookie exchange. However, rest assured that each soup has been sampled by a member and her family/friends.

Bon appétit!
Minestrone
Minestrone Soup  
Pat Clemens

1/2 pound Great Northern Beans, cooked  
2 Tablespoon oil  
1 1/4 cups chopped carrots  
2 1/2 cups chopped celery  
1 1/2 cups chopped onion  
1 can (16 oz) tomatoes  
4 quarts beef or chicken stock  
2 cups diced potatoes  
1 1/2 tablespoons salt  
1 clove garlic, crushed  
1/4 cup rough cut parsley  
1 tablespoon basil leaves  
1/2 teaspoon oregano  
1/2 pound diced turkey ham  
1 package or can Italian green beans  
1 pound of zucchini, diced  
1/2 cup elbow macaroni  
2 cups shredded cabbage

Sauté carrots, celery, and onions in heated oil 5 minutes. Add tomatoes to sautéed vegetables and simmer 10 to 15 minutes.
Bring broth to a boil and cook until potatoes are just tender. Add broth and potatoes to simmering vegetables.
Add next 7 ingredients to broth and beans - Bring to a boil and simmer 20 minutes.
Add next 3 ingredients and simmer additional 15 minutes.
Serve garnished with grated parmesan cheese. Makes 24 Cups.
Creamy Pumpkin Soup
Creamy Pumpkin Soup
Cheryl Franz

1 medium onion, finely chopped
2 T butter
2 cans (14-1/2 oz ec) chicken broth
1 can (15 oz) solid-pack pumpkin
2 to 2-1/2 c milk
1/2 t ground nutmeg
1/2 t salt
1/4 t pepper
1 c (8 oz) sour cream
1 T chopped parsley
1 bacon strip, cooked and crumbled

In a large saucepan, sauté onion in butter until tender. Add broth, pumpkin, nutmeg, salt & pepper, heat thoroughly about 15 minutes. Combine sour cream and parsley. Spoon into bowl, top with a dollop of sour cream and sprinkle with bacon.

Other modifications: Add bacon, finely chopped to soup while cooking. If you want to go on the sweet side, add cinnamon and sugar, and substitute the milk for French vanilla creamer, or hazelnut. Also, can substitute pumpkin with another squash.
Tomato Cognac Soup
Tomato Cognac Soup
Sarah Judson

1 large onion
3 ounces butter
3 lbs canned peeled tomatoes (or fresh tomatoes, or a quart of home canned tomatoes)
1 tablespoon dried basil
1 – 2 cups heavy cream
1 -2 tablespoon brown sugar
5 tablespoons cognac (you can substitute brandy – it’s different, but still good)
salt and pepper
minced parsley (to garnish)

Chop the onion and sauté in butter until soft and translucent but not brown.
Add tomatoes, basil, brown sugar. Mash them up and stir.

Bring the soup to boil, then simmer for 15-20 minutes. Set aside and cool slightly, then puree the soup in a food processor if desired.

Add cream and stir. Reheat, but do not boil.

Just before serving, add the cognac and season with salt and pepper. Garnish with parsley and serve.
Velvet Corn Soup with Shrimp
Velvet Corn Soup with Shrimp (Weight Watchers)  
Danette Meyer

1 t canola oil  
3 cloves garlic, minced  
1 T minced/peeled ginger  
1/2 t hot chili paste  
4 cups reduced sodium chicken broth  
1 (14.75 oz) can of cream style corn  
1 (8 oz) package frozen, cooked salad shrimp (or, cooked chicken or crabment), thawed  
2 t Thai fish sauce  
1T water  
2 t cornstarch  
1 t sugar  
1 t Asian sesame oil  
1 large egg, lightly beaten  
1/4 chopped fresh cilantro  
1/4 t paprika  

1. Heat a large non-stick saucepan over medium heat. Swirl in the oil, then add the garlic, ginger and chili paste. Cook, stirring constantly, until fragrant, about 1 minute.  
2. Stir in broth, corn, shrimp, and fish sauce; bring to a boil. Simmer until flavors are blended, 15 minutes.  
3. Meanwhile, whisk the water, cornstarch, sugar and sesame oil in a small bowl. Stir into soup. Stir in slightly beaten egg. Return soup to a simmer and cook until thickened slightly and the egg sets into long strands, about 3 minutes.  
4. Stir in cilantro and paprika. Serve hot. 4 Servings.

Nutrition: Per serving (1.5 cups): 201 cal, 6g Fat, 2g Sat Fat, 138 mg Chol, 755 mg Sod, 24g Carb, 2g Fiber, 16g Protein.
Creamy Leek, Potato, Sour Cream, Chive Soup
Creamy Leek, Potato, and Sour Cream Chive Soup  
Cindy Cosmas

3 tbs butter  
2-3 leeks, thinly sliced (white and green parts only, about 4 cups total)  
1 tsp dried tarragon  
1 lb Yukon Gold potatoes, peeled, thinly sliced  
4 cups chicken stock  
1/2-1 cup sour cream  
4 tbs chopped fresh chives, divided  
salt and pepper

Melt butter in pot over medium-low flame. Add leeks and tarragon; cover and cook slowly, 15-20 minutes. Add potatoes and stock; bring to simmer, cover, and cook until tender, 10-15 minutes. Puree mixture. Return puree to pot; stir in sour cream and 2 tbs chives. Add salt and pepper to taste. Sprinkle each serving with additional chives.

Makes 6 servings
Quick Mexican Chicken Vegetable Soup
Quick Mexican Chicken Veggie Soup
Cindy Henk

1 lb raw chicken, cut into chunks about ¾” thick (Frozen tenders work great, and can easily be cut when partially thawed.)
1.5 T olive oil
1 T chili powder
1 T ground cumin
½ t salt
1-2 onions, big dice
About 1 lb diced tomatoes, canned or fresh
2 quarts chicken stock or water (you can add a bouillon cube or 2, if desired)
1 -2 carrots, peeled and sliced
1 7-oz. can of green, jalapeno, or chipotle peppers, or equal amount of frozen
2 -3 zucchini (or yellow) squash, cut in ~ ½” cubes
Fresh lime, cilantro, and sour cream for garnish
Note: You may also add canned pinto, black or kidney beans, and canned or frozen corn to this recipe.

Heat oil in large, heavy pot.
Toss chicken pieces in chili powder, cumin, and salt, and brown well over medium-high heat.
Add onions, and stir occasionally for 4-5 minutes.
Add tomatoes, stock or water, carrots and chilis.
Bring to a boil, then reduce heat to low for about 20 minutes.
Add squash (and beans, corn, if desired) and cook for about 10 more minutes.
Garnish each serving with a lime slice and sprig of cilantro, and a dollop of sour cream if desired. Serve with tortilla chips.
Quick Tortilla Soup
Quick Tortilla Soup
Kathy Packard via Cindy Henk via Parade Magazine

1 lb boneless chicken breasts, halved crosswise into 2 thin cutlets
1.5 T olive oil, separated
0.5 t salt
1 T chili powder
1 large onion, medium dice
4 large garlic cloves, crushed
2 T canned chipotle peppers in adobo sauce, minced
2 quarts low-sodium chicken broth
1 14.5 oz can diced tomatoes, fire roasted if possible
2 15 oz cans black beans, not drained
6 oz tortilla strips or coarsely crushed chips (lazy woman’s way)
1 lime cut into eights

1. Toss chicken with salt, chili powder & 1.5 t oil to coat. Add to hot pot, cook (turning once) until brown on both sides. Cool, shred into bite-sized pieces.
2. Heat remaining oil. Saute onions until soft, 4-5 min. Add garlic & peppers, sauté until fragrant, ~ 1 min. Add broth, tomatoes, beans, bring to boil, & simmer partially covered about 5 min, skimming foam as it forms. Stir in chicken & turn off heat.
3. Place tortilla strips or crushed chips in bottom of bowls & ladle soup over chips. Have each person squeeze lime over soup to taste. 6-8 servings
4. (Lazy woman’s tip: shred pre-cooked chicken, toss with spice, sauté briefly in oil until fragrant. Proceed as per original directions re adding chicken to soup.)
Green Chili Chicken Soup
Green Chili Chicken Soup
Sheila Baker

12 oz cooked, diced chicken
Canned green chilies to taste (I use 1 4oz medium hot can)
1 small onion, diced
4 cups chicken stock
1 medium carrot, diced
1 cup cream (can use condensed milk)
2 stalks celery, diced
1 clove garlic
4 Tbsp margarine
¼ tsp cumin
4 Tbsp flour
salt and pepper to taste

Make a roux of the margarine and flour (blend) and cook over low heat for 5 to 7 minutes. Add stock and simmer. Saute onion, chilies and vegetables. Add to stock. Season. Add Chicken. Thin with cream. Heat and serve. (can be frozen)
Oriental Chicken Soup
Oriental Chicken Soup
Terry Butts

2 - 46 to 49 ounce cans chicken broth
4 - boneless chicken breast halves
2 - 5 ounce packages Japanese curly noodles
1 - 6-ounce package snow peas
3 - medium carrots, peeled and cut into thin strips
3 - scallions, thinly sliced
3 tablespoons minced cilantro
1 1/2 tablespoons minced fresh ginger
1 1/2 teaspoons Chinese chili paste with garlic

I add some chicken bouillon to the soup to have a stronger chicken flavor

1. Place chicken and broth in sauce pan and cook until tender
2. Remove chicken and shred or dice. Return chicken to broth.
3. Add noodles, snow peas, carrots, scallions, minced cilantro, ginger and chili paste.
4. Cook until noodles and vegetables are tender. Ladle soup and garnish with cilantro sprigs if desired.
Tortellini Soup
1 pound ground Italian sausage
2 cloves garlic, chopped
1 small onion, chopped
6 cups beef broth
1 cup water
1 can tomatoes
1 29-ounce can tomato sauce
2 or 3 large carrots, chopped
1 or 2 stalks celery, chopped
1 or 2 tablespoons dried oregano
1 or 2 tablespoons dried basil
1 medium zucchini, chopped
1 package fresh cheese tortellini

Brown sausage in small chunks. Sauté onion and garlic in small amount of oil. In large soup pot add all ingredients except tortellini and zucchini. Simmer one hour.

Note: At this point soup may be refrigerated up to two days before adding other ingredients to serve.

About 45 minutes before serving, add tortellini and zucchini. Slow simmer until tortellini are done.
Spinach Soup
Judith Toliver

10 oz fresh or frozen spinach
Pinch of nutmeg
2 TB butter
1 small onion, finely grated (use pulp & juice)
1.5-2 TB flour
2 chicken or vegetable bouillon cubes dissolved in 1 C boiling water
1.5 C milk
Salt & pepper to taste

Cook spinach using ½ C water & the nutmeg; do not drain; puree

Saute onion in butter for several minutes
Stir in flour; remove pan from heat

Gradually stir in bouillon, keep smooth, then add milk

Cool until slightly thickened. Stir in Spinach & salt and pepper.
Caldo Verde (Portuguese Green Soup)
Caldo Verde (Portuguese Green Soup)
Amy Brackenberry Larson

2 T olive oil
1 large onion
4 cloves garlic, minced
6 C chicken broth
1 lb red bliss potatoes
8 oz chorizo or smoked kielbasa, halved lengthwise & sliced into ¼ in slices (I like the nitrate-free from Sprouts)
1 sprig fresh savory or oregano
6 oz or 4.5 C kale, cut into ¼ in strips.

Saute onion in large stockpot/Dutch oven; add garlic & stir for 30 sec

Add 3 C broth, potatoes, & ½ t salt. Bring to boil, reduce heat and simmer until potatoes are tender, ~15 min. Remove from heat and mash potatoes in liquid until smooth & potatoes thicken stew slightly.

Return pot to med-high heat & add remaining 3 C broth, sausage, and savory. Bring to boil, reduce heat & simmer to blend flavors, ~15 min.

Remove from heat & discard savory. Add kale & simmer until just tender, ~5 min.

Serve in bowls & drizzle with olive oil, if desired.
White Bean Chicken Chili

Ingredients:
- Poblanos
- Jalapenos
- Serranos
- Chicken
- Garlic
- Tomatillos
- Lime
- Cilantro
- Beans
White Bean Chicken Chili  
Tina Gray

8-9 poblano peppers, roasted, peeled, chopped  
3 medium onions, diced  
1 yellow bell pepper, diced  
3 T olive oil  
2 cloves garlic, pressed  
1 t chili powder  
1 t ancho chili powder  
5 boneless, skinless chicken breasts, diced  
12-15 tomatillos, washed, paper-like skins removed  
1 quart chicken broth  
Jalapeno or Serrano peppers, if needed for spice as poblanos vary in their heat  
Salt and freshly ground black pepper  
2 15-oz cans white beans, rinsed, drained  
½ C chopped cilantro leaves, plus more for garnish  
Lime slices for garnish

1. Heat oil in large Dutch oven. Add onions, yellow bell, poblano, garlic, chili & ancho powders. Sauté until onions are tender, 5-7 minutes. Add diced chicken & continue to sauté until chicken is fully cooked, 10-15 min, depending on the size of the dice.  
2. Wash and stem tomatillos & pulverize in food processor being careful to leave some texture. Add tomatillos & broth to chicken mixture & heat through, about 10 min. Check for spiciness & add finely chopped jalapeno or Serrano pepper for more heat, if desired. The goal is a slow, sustained burn, not fire. Season to taste with salt and pepper & simmer 30 min to blend flavors. Add beans and cilantro & heat through, ~5 min. Ladle into bowls & garnish with cilantro & lime.
Quick White Bean Stew with Swiss Chard and Tomatoes
Quick White Bean Stew with Swiss Chard and Tomatos
Noreen Scruggs

A little high in fat but high in protein as well, beans are one of Joe Bastianich’s favorite ingredients. He uses white beans here, but he also loves making this recipe with chickpeas and flat gigante beans: “The bigger and creamier the beans, the better.”

2 lb Swiss chard (large stems discarded and leaves cut crosswise into 2-in strips
¼ C extra virgin olive oil
3 cloves garlic, thinly sliced
¼ t crushed red pepper
1 C canned tomatoes, chopped (or, one can of diced tomatoes, no salt added)
1 15-16 oz can cannellini beans, drained & rinsed

Bring saucepan of water to boil, add chard, & simmer over moderate heat until tender, 8 min. Drain and gently press out excess water.

In the saucepan, heat oil, add garlic & red pepper and cook over moderate heat until garlic is golden, 1 minute. Add tomatoes and bring to boil. Add beans and simmer over moderately high heat until flavors meld, 5 min. Season with salt and serve. Serves 4.

NOTE: Can use ½ of a 10 oz bag of spinach, ¼ t of cayenne. Add spinach and cook in pot same time you add beans.
Simple, Quick, Delicious Taco Soup
Taco Soup-- Simple-Simple-Simple-Quick-Quick-Quick and Very Good!
Jennifer Lang

1 lb. Lean ground beef,
1 large chopped onion

2 cans 16 oz. Mexican style chili beans
1 can 16 oz. Whole kernel corn
1 can 16 oz. chopped tomatoes
1 can 15 oz. tomato sauce
1 can 4.5 oz. chopped green chilies

in large stew pot, brown meat with onion; crumble and drain.
Pour the contents of all cans (liquid and all) in to pot with browned beef/onion. Rinse each can with 1/3 can of water and also dump in pot.

Stir pot and add:
2 Tbs. Tobasco or other hot sauce or to taste.
1 1 1/4 oz. package taco seasoning mix (powder)
1 1 oz. envelope ranch style salad dressing (powder)

Bring to boil. Reduce heat and simmer 15 minutes. Ladle in bowls. You can top with cheese and crumbled tortilla chips. Left overs can be frozen.
Butternut Squash Soup
Butternut Squash Soup  
Sheila Baker  

1 large butternut squash  
1 medium onion  
2 cloves garlic  
1 medium celery stalk  
1 large carrot  
2Tbsp butter  
32 oz. chicken broth  
Salt and pepper to taste  
A pinch of nutmeg and cinnamon  

Bake the squash at 350 in a baking pan with ½ inch water for 45 min.  

Melt the butter in a large pot and saute the onion, celery and carrot til lightly browned. Add cubed squash. Add broth to cover the veggies. Bring to a boil. Reduce to simmer, cover and let simmer for 10 min. or until veggies are tender.
Pumpkin Spinach Soup
With Moroccan Spices

(A collection of Moroccan fabrics)
Pumpkin Spinach Soup
Linda Bell

Commercial or homemade chicken stock
One butternut squash
One or two bags fresh spinach
Onion
Garlic
Olive oil
Mix of North African spices/ for example Marrakech Moroccan spice and harissa (available from Savory Spice shop Fort Collins)
Salt and pepper
Sour cream as a topping / optional

Brown onions and garlic in oil very gently in a large stock pot; add spices.

Add chicken stock and cubed peeled butternut squash and simmer until the squash is soft.
Add spinach and simmer until it is all cooked.

Take pot off heat and let cool enough to use a blender whisk to blend into a smooth soup. Good hot or chilled; top with sour cream and mint if desired.
Chicken Tortilla Soup
Chicken Tortilla Soup
Alanna Day
Page 1

1 1/2 t ground cumin
1 1/4 t chili powder
1/2 t garlic powder
1/2 t salt + more to taste
2 boneless, skinless chicken breasts
2 T olive oil
1 C diced onion
3 garlic cloves, minced
1/4 C diced green bell pepper
1/4 cup diced red bell pepper
One 10-ounce can Rotel Diced Tomatoes and Green Chiles
4 C low-sodium chicken broth
3 T tomato paste
4 C hot water
Two 15-ounce cans black beans, drained
3 T cornmeal
5 small corn tortillas
Garnishes (as desired): sour cream, chopped cilantro, diced avocado & red onion, grated Jack cheese, grilled corn guacamole, Pico de Gallo
1. Mix cumin, 1 chili powder, garlic powder, salt. Drizzle chicken breasts w/1 T oil. Sprinkle chicken w/ 1 t of spice mixture. Set remaining spice mixture aside.
2. Bake at 375 for 15-20 minutes, or until the chicken is cooked thorough. Remove it from the oven & shred. Set aside.
3. Heat remaining 1 T oil in a large pot over medium-high heat. Add onion, garlic, bell peppers & 1 t of spice mixture that was set aside earlier. Add extra chili powder for heat to taste.
4. Saute vegetables until they begin to turn golden brown, about 5 minutes.
5. Add the shredded chicken, Rotel tomatoes (juice and all), chicken broth, tomato paste, & 4 C water. Stir, bring to boil, reduce heat. Add black beans. Mix cornmeal w/ 1/2 C water. Add to pot & simmer 10-15 min. Taste, & adjust seasonings.
5. Cut the tortillas into uniform 2- to 3-inch strips & stir into soup.
6. Ladle soup into bowls, then add garnishes & extra tortilla strips to taste.
The End

More After 2017 cookie exchange

Thanks to all who contributed recipes and brought soups to share at our cookie exchanges.

(Cookbook Prepared by Webmaster Kathy Packard)