

Empty Bowls Dinner Soup Recipes

Beef Barley

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

Brown meat, onion, and garlic in oil.

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 6 carrots cut into bite-sized chunks or slices and simmer for 10-15 minutes

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 the surface of cooled stock.

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

Heat stock to boiling, then add:

Chicken meat
8 carrots cut into bite sized chunks
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 veggie broth or water
1-2 onions, finely chopped
1 cup celery, chopped

Season with:

2 tsp. salt (only if using water)
2 tsp. garlic powder
1 tsp. black pepper
1 Tbsp. Italian Seasoning

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 elbow macaroni,, pre-cooked per package directions***

Simmer until heated through.

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