MOUNTAIN VIEW
COMMUNITY CENTER

SouperFamilies Recipes

Chicken Chili

Ingredients:

1 cup dried pinto beans

1 cup dried black beans

1 cup dried kidney beans

(or 3 cups mixed dried beans)

4 tablespoons chili powder

1 tablespoon cayenne pepper

1 tablespoon onion powder

1 tablespoon garlic powder

2 teaspoons sugar

2 teaspoons cumin

2 teaspoons parsley flakes

2 teaspoons salt

¼ teaspoon pepper

¼ cup dried minced onions

1-2 cans diced tomatoes

1 can tomato sauce

1 can chicken

(*optional*)

1 diced carrot

1 diced celery stalk

Directions:

Pour all the ingredients into a slow cooker or large pot filled with 12 cups of water.

Add the carrot and/or celery (*optional*).

If using a slow cooker, cook on low for 6-8 hours. If using the stovetop, cover the pot and bring to a rolling boil over high heat. Reduce heat to simmer and cook 1-3/4 to 2-1/2 hours.

Once the soup has cooled completely, it will freeze well.

Note:

Southwestern 3 Bean and Barley Soup

Ingredients:

1/3 cup dried black beans

½ cup pearl barley

1/3 cup dried kidney beans

1/3 cup dried great northern beans

(any combination of dried beans would work well)

4 beef bouillon cubes

1 Tablespoon chili powder

1 teaspoon cumin

½ teaspoon oregano

(*optional*)

1 diced carrot

1 diced celery stalk

1 diced onion

Directions:

Pour all ingredients into a slow cooker or large pot filled with 12 cups of water.

Add the carrot, celery and/ onion (*optional*).

If using a slow cooker, cook on low for 6-8 hours. If using the stovetop, cover the pot and bring to a rolling boil over high heat. Reduce heat to a simmer and cook 1-3/4 to 2-1/2 hours.

Once the soup has cooled completely, it will freeze well.

Notes:

Chicken Minestrone

Ingredients:

¼ cup dried split peas

½ cup dried kidney beans

1 cup macaroni noodles

1 teaspoon dried basil

1 teaspoon dried oregano

1 teaspoon dried parsley

1-1/2 teaspoon salt

½ teaspoon pepper

½ cup dried minced onions

1 can chicken

1-2 cans diced tomatoes

(*optional*)

1 diced carrot

1 diced celery stalk

Directions:

Pour all ingredients into a slow cooker or large pot filled with 12 cups of water.

Add the carrot and/or celery (*optional*).

If using a slow cooker, cook on low for 6-8 hours. If using the stovetop, cover the pot and bring to a rolling boil over high heat. Reduce heat to simmer and cook 1-3/4 to 2-1/2 hours.

Once the soup has cooled completely, it will freeze well.

Notes:

Coconut Curry Soup

Ingredients:

Dry Ingredients
1 cup orange lentils
1 cup green lentils

Seasoning Packet
1 tablespoon curry powder
2 tablespoons dried chopped onions
1 tablespoon dried minced garlic
2 veggie bouillon cubes

Cans
1 can coconut milk

Optional
1 jalapeno pepper

Directions:

Add all ingredients to a slow cooker or large pot along with 6 cups of water. If using a slow cooker, cook on low for 6-8 hours. If using a pot, bring to a boil over high heat, reduce heat to low, and simmer until the lentils are tender, about 20 minutes.

Remove and discard the jalapeno pepper before serving.

Once the soup has cooled completely, it will freeze well.

Notes:

Split Pea Soup

Ingredients:

1 ½ cup dried green or yellow split peas
½ cup dried lentils
2 chicken bouillon cubes
1 tablespoon parsley
¼ teaspoon thyme
¼ teaspoon onion powder
1/8 teaspoon garlic powder
I can evaporated milk

(*optional*)
1 cup diced carrots
1 tablespoon butter or margarine

Directions:

Rinse the mixed peas and lentils in a colander under cool running water; place in a slower cooker or a large pot along with 6 cups water.

Add the carrot (*optional*).

Stir in the bouillon cubes and seasonings. If using a slow cooker, cook on low for 5-6 hours. If using the stovetop cover the pot and bring to a rolling boil over high heat. Reduce heat to simmer and cook until the split peas and lentils are very soft, up to 1 hour. Add salt and pepper to taste.

If desired, puree the soup until it is smooth but still slightly chunky. Stir in butter (*optional*) until melted and then stir in a can of milk.

Once the soup has cooled completely, it will freeze well.

Notes: