

Scratch Old Fashioned Chicken Soup

INGREDIENTS

1 whole chicken, raw
3 cloves garlic, minced
1 large onion, chopped
5 carrots, chopped
3 celery stalks, chopped
2 tsp basil
2 tsp thyme
2 tsp salt
1 tsp ground black pepper
1 quart chicken broth
4 cups water
fresh parsley

DIRECTIONS

Add a whole raw chicken to a large stock pot.

Add all ingredients, cover and simmer on medium low until it boils.

Once the soup is boiling, turn down the temperature to low and simmer for 2 hours.

Remove the chicken to a pan. Do this carefully so it doesn't fall apart. Cut the chicken meat into pieces after it cools and add back to the soup.
Garnish with fresh parsley.

Serve hot.

Traditonal Beef Stew

INGREDIENTS

2lbs stew beef, cubed
3 tbsp flour
3 garlic cloves, minced
1 tsp salt
1 tsp black pepper
3 tbsp olive oil
1 onion, chopped
6 cups beef broth
½ cup red wine (optional)
1lb potatoes, cubed
4 carrots, chopped
4 stalks celery, chopped
1 tsp dried rosemary
2 tbsp cornstarch
2 tbsp water
¾ cup peas

DIRECTIONS

Combine flour, salt and pepper. Toss beef in flour mixture.

Heat olive oil in a large Dutch oven or pot. Cook the beef, onions and garlic until browned.

Add beef broth and red wine while scraping up any brown bits in the pan.

Stir in all remaining ingredients except for peas, cornstarch and water. Reduce heat to medium low, cover and simmer 1 hour or until beef is tender (up to 90 minutes).

In a small dish mix equal parts cornstarch and water to create a slurry. Slowly add the slurry to the boiling stew to reach desired consistency.

Stir in peas and simmer 5-10 minutes before serving .

Season with salt and pepper to taste. Serve hot.

Butternut Squash Soup

INGREDIENTS

3 tbsp olive oil
1 onion, chopped
1 butternut squash, peeled and seeded
2 garlic cloves, peeled
1 tsp grated fresh ginger
1 tbsp fresh thyme
3-4 cups chicken stock
salt and pepper

DIRECTIONS

Heat olive oil in a large pot over medium heat. Add in onions, butternut squash and garlic, and cook, stirring often for 3 minutes.

Add ginger and thyme and continue to sautee all the ingredients for 1 minute. Season with salt and pepper to taste.

Add chicken stock to the pot, bring the soup to a boil, then cover with a lid and simmer for 15 minutes, or until the butternut squash is just about soft and tender.

Remove one cup of broth from the pot, and set aside. Transfer the ingredients into a blender in batches, and blend until smooth, adding the reserved stock until reaching the desired creamy consistency.

Serve hot.

Carrot Soup

INGREDIENTS

1 tbsp butter
1 tbsp extra-virgin olive oil
1 medium onion, chopped
1 stalk celery, chopped
2 cloves garlic, chopped
1 tsp thyme, chopped
5 cups carrots, chopped
2 cups water
4 cups chicken broth
½ cup half & half (optional)
salt and pepper to taste

DIRECTIONS

Heat butter and oil in a dutch oven over medium heat until the butter melts. Add onion and celery; cook, stirring occasionally, until softened, 4 to 6 minutes. Add garlic and thyme, cook, stirring, until fragrant.

Stir in carrots. Add water and broth; bring to a simmer over high heat. Reduce heat and simmer, cook until tender, approximately 25 minutes.

Puree the soup in a blender in batches until smooth.

Stir in half-and-half.

Add salt and pepper to taste.

Onion Soup

INGREDIENTS

8 onions, string cut
4 cloves, minced
6 tbsp butter
2 sprigs fresh thyme
2 bay leaves
¾ cup dry white wine
5 cups beef broth
2 cups chicken broth
2 tbsp Worcestershire sauce
salt and pepper to taste

DIRECTIONS

Slice the onions into strings of medium-size.

Melt the butter in a large (4-5 quart) soup pot or dutch oven over medium-low heat. Add the onions and use tongs to toss and coat them in the butter. Leave them uncovered as they cook.

The onions will caramelize slowly, 8 large onions could take up to 60 minutes. Stir the onions frequently. They are done when they are brown.

Decrease heat to medium, add wine and garlic, and cook for an additional 2-3 minutes. Use wood spatula to deglaze the bottom of the pot.

Add the broth, Worcestershire sauce, bay leaves and thyme. Simmer for another 45 minutes, with a lid cracked.

Remove the bay leaves and thyme stems. Season to taste with salt and pepper.

Serve hot.

Leek & Potato Soup

INGREDIENTS

4 tbsp butter
6 cups leeks, cleaned, trimmed, and chopped
2lb yukon gold potatoes, peeled and cut into 1-inch dice
8 cups chicken stock
2 teaspoon salt
2 teaspoon ground black pepper
8 slices bacon, cooked and chopped
sour cream (optional)
chives (optional)

DIRECTIONS

Melt butter in a dutch oven. Add leeks and cook until soft and fragrant.

Add potatoes and chicken stock to the pot. Season with salt and pepper. Allow soup to cook until potatoes are tender.

Add 1/2 of soup to blender. Pulse quickly until smooth (only 2-3 seconds). Mix with remaining un-blended soup.

Add bacon and stir.

Serve with optional garnishes of sour cream and chives.

Serve hot.