

**SOUPS
AND
SANDWICHES**

Bologna Salad Sandwiches

Jaime Littrell

16 ounces, or so, of bologna, sliced into fourths
¼ onion, cut into pieces
½ cup Miracle Whip
2 tablespoons pickle relish

Throw bologna and onion into food processor. Process until a little chunky. Mix in a bowl with Miracle Whip and pickle relish. Serve on bread.

Caribbean Chicken Wrap

Erin Baker

Grilled Chicken (cut up into bite size pieces)
Lettuce
Honey Mustard Dressing
Mandarin Orange Slices
Sliced Almonds
Shredded Cheese
Tortillas

Place a half a cup of lettuce in the center of a tortilla. Next add some grilled chicken, mandarin oranges, sliced almonds, and shredded cheese on top of the lettuce. Finally, pour some honey mustard dressing over the top. Wrap it up and enjoy!

Dumplings For Soup (instead of - or in addition to noodles)

Rose Baker

4-5 eggs beaten with a fork
2-3 cups flour
salt and pepper

Salt and pepper the eggs in a medium-to-small mixing bowl. Add the flour to the eggs. The dough will be thick and sticky. Drop it into boiling soup by teaspoonfuls. They will swell. Cook them for 20 minute to 1/2 hour.

German potato soup

Liz Jasper

2 tsp. Vegetable oil
1 small onion, finely chopped
½ tsp. caraway seeds
1 (10 oz.) can condensed cream of celery soup
2 cups fat-free or low-fat milk
1 cup diced boiling potatoes
1 Tbsp. chopped fresh dill or 1 tsp. dried dill

Heat oil in a saucepan over medium-high heat. Add onions and caraway seeds and sauté until the onions begin to color, 2 to 3 minutes.

Add soup, milk and potatoes and bring to a boil. Reduce heat and simmer, stirring occasionally until potatoes are tender, about 10 minutes. Add dill and stir until heated through. Do not allow the soup to boil. Season with salt and pepper. Serves 3.

Homemade Noodles for Soup

Rose Baker

3 eggs beaten with a fork
close to 3 cups flour
rolling pin
salt and pepper
plenty of counter space - 2 square feet

You can add salt and pepper to the eggs in a medium mixing bowl.

Add the flour to the eggs a little at a time, until you end up with a big ball of dough.

You'll have to use your hands after a while to get all that flour mixed in. Put some flour on the ball and knead or press it in. You have enough flour when the dough is hardly sticky anymore.

Put some flour on the counter and coat the rolling pin to prevent sticking. Roll the dough out into a big flat shape. It doesn't matter what shape except it should be an even thickness of about 1/4 inch. You can keep sprinkling flour on the counter and rolling pin and dough to prevent sticking.

Then, starting with the edge closest to you roll it up so you have a tubular shape.

Slice off coils that are about 1/2 inch wide - or however wide you want your noodles.

Keep in mind that they'll swell when you cook them. Then unroll the coils and pull or break them into 2-3 inch segments - and they're ready to cook.

This makes enough noodles for a big batch of soup.

Taco Soup

Becky Varley

1 lb. ground turkey
1 onion, chopped
1 can corn, undrained
1 can pinto beans, undrained
1 can hot chili beans, undrained
1 can Mexican-style tomatoes, undrained
1 pkg. taco seasoning
1 pkg. Hidden Valley Ranch dressing mix (dry)

Brown the turkey and the onion, drain. Combine with the rest of the ingredients and simmer for 1 hour.

Turkey Noodle Soup Out of Left-over Turkey

Rose Baker

Leftover Turkey
Bouillon cubes
Salt
Pepper
Sliced carrots
Chopped celery
Onion
Homemade noodles

After you take the meat off the carcass (hopefully a few cups), put the bones in a big pan and fill it with water. If you have gravy left over you can add it also for flavor. Boil it gently for an hour or so. Then pour it through a strainer to get all the junk out of the broth. If there is any meat left on the bones you should put it back in the soup. You can add a few bouillon cubes if it still needs flavor after you add salt and pepper. Bring it back to a boil. Then cut up your left over meat and add it to the broth. Add 2 cups (or so) of sliced carrots, chopped celery and onion. Maybe not 2 cups of onion - but you can use your own judgment on that. Then add the noodles and cook it for another 1/2 hour or so until the veggies and noodles are done.

Tuna Burgers

Jody Ellis

¼ lb. American cheese, shredded
3 hard boiled eggs. Chopped
1 can tuna, drained
3 tbsp green pepper
2 tbsp chopped onion
½ cup Miracle Whip
2 tbsp sweet pickles
chopped green olives

Mix everything together. Fill buns with mixture, wrap with foil and bake in a 350° oven for 20 minutes.

Vegetable Bean soup

Liz Jasper

1 Tbsp. Olive oil
1 ½ cups thinly sliced leek (about 2 large)
1 cup finely chopped carrot
1 cup thinly sliced celery
4 cups fat-free, less-sodium chicken broth
2 cups finely chopped baking potato (about ¾ pound)
1 cup water
½ tsp. salt
½ tsp. dried rosemary
¼ tsp. black pepper
2 garlic cloves, minced
1 (15.8 oz.) can Great northern beans or other white beans, drained
1 (14.5 oz.) can no-salt-added stewed tomatoes, undrained
4 cups thinly sliced napa (Chinese) cabbage (about 1 pound)
2/3 cup chopped fresh flat-leaf parsley

Heat oil in a large Dutch oven over medium heat. Add leek, carrot, and celery; cook 8 minutes or until tender, stirring occasionally. Stir in broth and next 8 ingredients (broth through tomatoes); bring to a boil.

Reduce heat; simmer 20 minutes or until vegetables are tender. Stir in cabbage; cover and cook 1 minute or until cabbage wilts. Stir in parsley.

Vegetable Cheese Soup

Becky Varley

2 cups diced potatoes
1 cup diced carrots
1 cup diced celery
1 cup diced onion
4 chicken boullion cubes
4 cups water
1 10 oz. pkg. frozen broccoli*
1 10 oz. pkg. frozen cauliflower*
1 10 oz. pkg. frozen mixed vegetables*
2 cans cream of chicken soup
1 soup can water
1 lb. Velveeta, cubed

Boil potatoes, carrots, celery, onion and boullion cubes in the 4 cups water for 30 minutes. Add the frozen vegetables, the soup and the can of water. Simmer 30 more minutes. Add Velveeta. Cook until cheese melts. Serve.

*Option: Instead of the individual packages of frozen vegetables use 1 16 oz. bag of mixed vegetables and one 16 oz. bag of frozen California mix vegetables.

Veggie Wraps

Erin Baker

Lettuce
Tomatoes
Ranch Dressing
Shredded Cheese
Tortillas
Green Peppers
Black Olives

Place half a cup of shredded lettuce in the center of a tortilla. On top of the lettuce, add all or any of the above ingredients that you would like. Wrap it up and enjoy!

Wild Rice Soup with Bacon

Mark Matern

2 to 3 strips thick sliced bacon, diced
2/3 cup wild rice, rinsed
½ cup onion, chopped
½ cup carrots, diced
½ cup celery, finely cut
4 to 4 ½ cups chicken stock
1 to 1 ½ cups heavy cream
1 T. butter, softened
1 T. flour
Salt and white pepper
2 T. minced fresh parsley

Fry bacon in soup kettle or pot, drain and reserve 2 T. of the bacon fat. Sauté rice, onion, carrots and celery in bacon fat for 5 minutes. Return bacon to the kettle. Stir in 4 cups of the stock. Heat, stirring constantly, to boiling; reduce heat.

Simmer covered, stirring occasionally, until rice is tender, about 40 minutes. Stir in 1 cup of the cream. Mix the butter and flour together and whisk into the soup. Cook, stirring constantly, until the soup thickens and bubbles, about 1 minute.

Stir in part or all of the remaining ½ cup of stock and ½ cup of cream if a thinner soup is desired. Season to taste with salt (careful with the salt...it's easy to get too salty) and pepper. Sprinkle with chopped parsley before serving. Makes about 8 cups.

Hobo Soup

Jody Ellis

1 lb. hamburger, cooked and drained
2 (19 oz.) cans minestrone soup
1 can ranch style beans
1 can diced rotel tomatoes and chiles

Mix together all ingredients in a soup pot. Serve with shredded cheddar cheese and fritos.

Double Corn Chowder

Liz Jasper

2 slices bacon, cut into 1" pieces
1 small onion, chopped
1 large potato, peeled, cut into ½ " pieces
½ red bell pepper, chopped
2 cups low-fat (2%) milk
1 chicken boillion cube
1 can (15 oz.) creamed corn
1 cup fresh or frozen corn kernels
1 tsp. chopped fresh thyme or ½ tsp. dried thyme
salt and pepper to taste

In large saucepan over medium heat, cook bacon and onion until lightly browned. Add potato and pepper. Cook 2 minutes.

Add milk and boillion cube. Bring to a simmer (do not boil) over low heat until vegetables are tender and soup thickens slightly, 8 to 10 minutes.

Add creamed corn, corn kernels, and thyme. Heat through, 3 to 4 minutes. Season with salt and pepper. (Can be prepared 1 day ahead. Cover and refrigerate. Warm over low heat, stirring frequently; thin with more milk if needed).