

# Chef

e x p r e s s



THE DAILY GAZETTE

[www.dailygazette.com](http://www.dailygazette.com)

Family of Newspapers

When Credibility Matters

# soups, stews, and gumbos





# soups, stews, and gumbos

Published by:  
STANDARD INTERNATIONAL PUBLISHING GROUP  
www.stndpub.com  
eMail.sales@stndpub.com  
Tel: +1 (954) 580-6662  
©Standard International Print Group

#### **Publishers**

Simon St.John Bailey

#### **Digital Content Manager**

Christian G Bailey

#### **Editing**

Isabel Toyos

#### **Compilation**

Sofia Toyos

#### **Design and lay out**

Natalia Canet

**ISBN: 9781600811180**

All rights reserved. No part of this book may be stored, reproduced or transmitted in any form and by any means without written permission of the Publisher, except in the case of brief quotations embodied in critical articles and reviews.

Publication Date 2024



## introduction

Welcome to Soups, Stews, and Gumbos, a comforting collection of hearty and flavorful dishes that will warm your soul and satisfy your cravings. Whether you're seeking a light, savory soup or a rich, flavorful stew, this collection brings a variety of traditional and beloved recipes to your kitchen, perfect for any season or occasion.



# soups, stews, and gumbos



- Start with the "Creamy Broccoli Cheddar Soup," a classic favorite where fresh broccoli and sharp cheddar come together in a velvety base. This comforting, rich soup is ideal for chilly days and pairs wonderfully with crusty bread for a hearty meal. For something heartier, the "Slow Cooker Meat Chili Stew" is a robust dish featuring tender, slow-cooked beef, beans, and a medley of spices, creating a deeply flavorful stew perfect for feeding a crowd.
- Travel to Southeast Asia with the aromatic "Vietnamese Pho with Beef," a delicate yet flavorful broth infused with spices, fresh herbs, and tender beef, offering a fragrant and comforting bowl of noodles that transports you straight to Vietnam. Then, enjoy a taste of the South with "Southern Ham and Bean Stew," a simple yet flavorful dish where tender beans and smoky ham meld together, creating a rustic and satisfying stew.

- Finally, no collection of gumbos would be complete without "Louisiana Crawfish Gumbo." This iconic Southern dish combines succulent crawfish, the holy trinity of vegetables (onions, celery, and bell peppers), and a rich roux-based broth, seasoned with Creole spices. It's a taste of the bayou that will leave you craving more.
- Soups, Stews, and Gumbos offers a variety of comforting, flavorful dishes that warm your soul and bring joy to your table, no matter the occasion.



## Difficulty scale

■ □ □ | Easy to do

■ ■ □ | Requires attention

■ ■ ■ | Requires experience

# classic chicken noodle soup

■ ■ □ | Preparation time: 10 minutes - Cooking time: 35 minutes

## ingredients

- > 1 tablespoon olive oil
- > 1 medium onion, diced
- > 2 medium carrots, sliced
- > 2 celery stalks, sliced
- > 3 garlic cloves, minced
- > 8 cups chicken broth
- > 2 cups cooked, shredded chicken (about 2 chicken breasts)
- > 1½ cups egg noodles, cooked al dente
- > 1 teaspoon dried thyme
- > Salt and pepper, to taste
- > Fresh parsley or dill, for garnish (optional)

## method

1. Heat olive oil in a large pot over medium heat. Add the diced onion, sliced carrots, celery, and minced garlic. Sauté for 5-7 minutes until the vegetables soften.
2. Pour in the chicken broth and add the dried thyme. Season with salt and pepper. Bring the mixture to a boil and let simmer for 15 to 20 minutes.
3. Stir in the cooked shredded chicken and the cooked egg noodles. Let the soup simmer for another 5 minutes until heated through.
4. Taste soup for seasoning, adjust if necessary, and garnish with fresh parsley or dill. Serve hot!

.....  
Serves 4



## tip from the chef

*Serve with a crusty baked bread loaf!*



# creamy tomato basil soup

■ ■ □ | Preparation time: 10 minutes - Cooking time: 25 minutes

## method

1. In a large pot, heat olive oil over medium heat. Add diced onion and garlic, and sauté for 5-7 minutes until soft and fragrant.
2. Stir in the crushed tomatoes and broth. Add oregano, sugar, salt, and pepper to taste. Bring the mixture to a boil.
3. Reduce the heat and let the soup simmer for 15 minutes to combine flavors.
4. Use an immersion blender (or regular blender) to blend the soup until smooth. Stir in the heavy cream and chopped basil.
5. Taste and adjust seasoning. Serve hot, garnished with fresh basil leaves if desired.

.....  
Serves 4

## ingredients

- > 1 tablespoon olive oil
- > 1 medium onion, diced
- > 3 garlic cloves, minced
- > 2 (28 oz) cans of crushed tomatoes
- > 2 cups vegetable or chicken broth
- > 1 cup heavy cream
- > 1 teaspoon sugar
- > 1 teaspoon dried oregano
- > Salt and pepper, to taste
- > ¼ cup fresh basil leaves, chopped
- > Fresh basil leaves, for garnish (optional)

## tip from the chef

*Serve with your favorite grilled cheese or grilled sourdough bread!*



# hearty beef and barley stew

■ ■ □ | Preparation time: 15 minutes - Cooking time: 1 hour 30 minutes

## ingredients

- > 1 tablespoon olive oil
- > 1 ½ lbs beef stew meat, cut into cubes
- > 1 medium onion, diced
- > 2 carrots, sliced
- > 2 celery stalks, sliced
- > 3 garlic cloves, minced
- > 8 cups beef broth
- > ¾ cup pearl barley
- > 1 tablespoon tomato paste
- > 2 bay leaves
- > 1 teaspoon dried thyme
- > Salt and pepper, to taste
- > Fresh parsley, for garnish (optional)

## method

1. Heat olive oil in a large pot over medium heat. Add the beef cubes and brown on all sides for 5-7 minutes. Remove the beef and set aside.
2. In the same pot, add onion, carrots, celery, and garlic. Cook for 5-7 minutes until softened.
3. Return the browned beef to the pot. Add the beef broth, tomato paste, bay leaves, thyme, salt, and pepper. Bring to a boil.
4. Reduce heat to low, stir in the barley, cover, and simmer for 1 hour, or until the beef is tender and the barley is cooked.
5. Remove bay leaves, adjust seasoning if needed, and garnish with fresh parsley. Serve hot.

.....  
Serves 6

## tip from the chef

*Serve with a side of mashed potatoes!*



# moroccan

## chickpea and lentil soup

■ ■ □ | Preparation time: 10 minutes - Cooking time: 40 minutes

### method

1. Heat olive oil in a large pot over medium heat. Add onion, garlic, carrots, and celery. Sauté for 5-7 minutes until softened. Stir in cumin, coriander, turmeric, and paprika.
2. Add the vegetable broth, diced tomatoes, lentils, and chickpeas. Bring to a boil.
3. Reduce heat and simmer the soup for 30 minutes, or until the lentils are tender.
4. Taste and season with salt and pepper as needed.
5. Serve hot, garnished with fresh cilantro and a squeeze of lemon juice, if desired.

.....  
Serves 6

### ingredients

- > 1 medium onion, diced
- > 1 tablespoon olive oil
- > 3 garlic cloves, minced
- > 2 carrots, sliced
- > 2 celery stalks, sliced
- > 1 teaspoon ground cumin
- > 1 teaspoon ground coriander
- > 1 teaspoon ground turmeric
- > 1 teaspoon paprika
- > 1 (15 oz) can chickpeas, drained and rinsed
- > 1 cup dried lentils (green or brown)
- > 1 (14.5 oz) can diced tomatoes
- > 6 cups vegetable broth
- > ¼ cup fresh cilantro, chopped (for garnish)
- > Salt and pepper, to taste
- > Lemon wedges (optional, for serving)

### tip from the chef

*Try serving this soup over cooked white rice!*



# butternut squash and sage soup

■ ■ □ | Preparation time: 10 minutes - Cooking time: 30 minutes

## ingredients

- > 1 tablespoon olive oil
- > 1 medium onion, diced
- > 3 garlic cloves, minced
- > 1 butternut squash (about 2 lbs), peeled, seeded, and cubed
- > 4 cups vegetable broth
- > 1 teaspoon dried sage
- > ½ teaspoon ground nutmeg
- > Salt and pepper, to taste
- > ¼ cup heavy cream (optional)
- > Fresh sage leaves, for garnish (optional)

## method

1. Heat olive oil in a large pot over medium heat. Add diced onion and garlic, and sauté for 5-7 minutes until softened.
2. Add cubed butternut squash, sage, nutmeg, salt, and pepper. Stir and cook for 3-4 minutes.
3. Pour in vegetable broth. Bring to a boil, then reduce heat and simmer for 20 minutes, or until the squash is tender.
4. Use an immersion blender (or regular blender) to blend the soup until smooth. Stir in heavy cream if using.
5. Adjust seasoning if needed, and garnish with fresh sage leaves. Serve hot.

.....  
Serves 4



## tip from the chef

*Serve with grilled sourdough bread slices!*



# slow cooker

## split pea soup

■ □ □ | Preparation time: 10 minutes - Cooking time: 6-8 hours (low) or 4-5 hours (high)

### method

1. Rinse split peas and dice the vegetables (onion, carrots, celery).
2. Add split peas, ham bone, or diced ham, onion, carrots, celery, garlic, thyme, bay leaf, and broth to the slow cooker.
3. Set the slow cooker to low for 6-8 hours or high for 4-5 hours, until peas are soft and the soup thickens.
4. If using a ham bone, remove it, shred the meat, and return it to the soup. Stir well.
5. Season with salt and pepper to taste. Serve hot with an optional garnish of fresh herbs or parsley.

### ingredients

- > 1 lb (2 cups) dried split peas, rinsed
- > 1 ham bone or 1½ cups diced ham
- > 1 medium onion, diced
- > 2 carrots, sliced
- > 2 celery stalks, sliced
- > 3 garlic cloves, minced
- > 6 cups chicken or vegetable broth
- > 1 teaspoon dried thyme
- > 1 bay leaf
- > Salt and pepper, to taste
- > Parsley or fresh herbs for garnish (optional)

.....  
Serves 6

### tip from the chef

*Enjoy your warm and hearty slow-cooker split pea soup!*



# spicy black bean soup

■ □ □ | Preparation time: 10 minutes - Cooking time: 30 minutes

## ingredients

- > 1 tablespoon olive oil
- > 1 medium onion, diced
- > 3 garlic cloves, minced
- > 1 jalapeño pepper, seeded and diced
- > 2 (15 oz) cans black beans, drained and rinsed
- > 1 (14.5 oz) can diced tomatoes
- > 4 cups vegetable broth
- > 1 teaspoon ground cumin
- > 1 teaspoon chili powder
- > ½ teaspoon smoked paprika
- > Salt and pepper, to taste
- > Fresh cilantro, for garnish (optional)
- > Lime wedges (optional)

## method

1. Heat olive oil in a large pot over medium heat. Add diced onion, garlic, and jalapeño. Sauté for 5-7 minutes until softened.
2. Stir in the black beans, cumin, chili powder, smoked paprika, and diced tomatoes. Cook for 2-3 minutes to combine flavors.
3. Pour in vegetable broth. Bring the soup to a boil, then reduce heat and simmer for 20 minutes.
4. Use an immersion blender to partially blend the soup for a creamy texture, leaving some beans whole. Alternatively, blend half the soup in a blender.
5. Season with salt and pepper to taste. Serve hot, garnished with fresh cilantro and lime wedges if desired.

.....  
Serves 4

## tip from the chef

*Serve with cilantro lime rice and nacho chips!*



# french onion

## soup with gruyère

■ ■ □ | Preparation time: 10 minutes - Cooking time: 1 hour

### method

1. Melt butter in a large pot over medium heat. Add sliced onions and cook, stirring occasionally, for 25-30 minutes until caramelized and golden brown. Add garlic at the last minute.
2. Sprinkle flour over the onions and stir for 1 minute. Add beef broth, white wine (if using), thyme, salt, and pepper. Bring to a boil, then reduce heat and simmer for 20 minutes.
3. While the soup simmers, toast baguette slices in the oven at 350°F (175°C) for 5-7 minutes until crispy.
4. Ladle the soup into oven-safe bowls. Place toasted baguette slices on top of the soup and cover with grated Gruyère cheese.
5. Place the bowls under the broiler for 3-5 minutes until the cheese is bubbly and golden. Serve hot, garnished with parsley.

.....  
Serves 4

### ingredients

- > 3 tablespoons butter
- > 4 large onions, thinly sliced
- > 2 garlic cloves, minced
- > 1 tablespoon flour
- > 6 cups beef broth
- > ½ cup dry white wine (optional)
- > 1 teaspoon fresh thyme (or ½ teaspoon dried thyme)
- > Salt and pepper, to taste
- > 1 baguette, sliced
- > 2 cups Gruyère cheese, grated
- > Parsley for garnish

### tip from the chef

*Serve with extra toasted baguette bread for dipping!*



# tuscan white

## bean and kale soup

■ ■ □ | Preparation time: 10 minutes - Cooking time: 30 minutes

### ingredients

- > 1 tablespoon olive oil
- > 1 medium onion, diced
- > 3 garlic cloves, minced
- > 2 carrots, sliced
- > 2 celery stalks, sliced
- > 1 teaspoon dried thyme
- > 1 teaspoon dried rosemary
- > 4 cups vegetable broth
- > 2 (15 oz) cans white beans (cannellini or great northern), drained and rinsed
- > 2 cups kale, chopped (stems removed)
- > Salt and pepper, to taste
- > 1 tablespoon lemon juice (optional)

### method

1. Heat olive oil in a large pot over medium heat. Add diced onion, garlic, carrots, and celery. Sauté for 5-7 minutes until softened.
2. Stir in the thyme, rosemary, vegetable broth, and white beans. Bring to a boil.
3. Reduce heat and simmer for 15-20 minutes, allowing flavors to blend.
4. Stir in the chopped kale and cook for an additional 5 minutes, until the kale wilts.
5. Season with salt, pepper, and lemon juice if desired.

.....  
Serves 4



### tip from the chef

*Serve hot with crusty bread.*



# louisiana

## shrimp and okra gumbo

■ □ □ | Preparation time: 20 minutes - Cooking time: 45 minutes

### method

1. Heat the vegetable oil in a large pot over medium heat. Gradually whisk in the flour, stirring constantly, until the roux turns a medium brown color (about 8-10 minutes).
2. Add the onion, bell pepper, celery, and garlic to the roux. Cook for about 5 minutes until softened. Stir in the okra and cook for another 5 minutes.
3. Add the diced tomatoes, stock, Cajun seasoning, thyme, paprika, and bay leaves. Bring to a boil, then lower the heat and simmer for 20 minutes.
4. Stir in the shrimp and sausage. Let it simmer for an additional 10 minutes until the shrimp is cooked through. Season with salt and pepper to taste.
5. Remove the bay leaves and serve the gumbo over cooked white rice.

.....  
Serves 4

### ingredients

- > ¼ cup vegetable oil
- > ¼ cup all-purpose flour
- > 1 medium onion, chopped
- > 1 green bell pepper, chopped
- > 2 celery stalks, chopped
- > 4 garlic cloves, minced
- > 1 lb okra, sliced
- > 1 (14.5 oz) can diced tomatoes
- > 1 lb shrimp, peeled and deveined
- > ½ lb smoked sausage, sliced
- > 4 cups seafood or chicken stock
- > 1 tbsp Cajun seasoning
- > 2 bay leaves
- > 1 tsp thyme
- > 1 tsp paprika
- > Salt and pepper to taste
- > Cooked white rice (for serving)

### tip from the chef

*A classic Louisiana dish that's comforting and packed with flavor!*



# italian

## wedding soup

■ ■ □ | Preparation time: 15 minutes - Cooking time: 30 minutes

### ingredients

- > 1 tablespoon olive oil
- > 1 medium onion, diced
- > 2 garlic cloves, minced
- > 1 carrot finely diced (optional)
- > 4 cups chicken broth
- > 1 cup small pasta (orzo or acini di pepe)
- > 1 cup frozen spinach (thawed and squeezed dry)
- > 1 cup cooked meatballs (store-bought or homemade, about 12 small meatballs)
- > ¼ cup grated Parmesan cheese
- > Salt and pepper, to taste

### method

1. Heat olive oil in a large pot over medium heat. Add diced onion and garlic and carrots, cooking for 5 minutes until softened.
2. Pour in the chicken broth and bring to a boil. Stir in the small pasta and cook according to package instructions, usually about 8 minutes.
3. Stir in the thawed spinach and meatballs. Simmer for an additional 5 minutes until everything is heated through.
4. Adjust seasoning with salt and pepper.
5. Ladle soup into bowls and sprinkle with grated Parmesan cheese and serve hot.

.....  
Serves 4



### tip from the chef

*Try using tortellini instead of the pasta for a more hearty soup!*



# creamy potato and leek soup

■ ■ □ | Preparation time: 15 minutes - Cooking time: 30 minutes

## method

1. Melt butter in a large pot over medium heat. Add sliced leeks and cook for 5-7 minutes until softened. Stir in minced garlic and cook for another 1 minute.
2. Add diced potatoes and broth. Bring to a boil, then reduce heat and simmer for 20 minutes, or until potatoes are tender.
3. Use an immersion blender (or regular blender) to blend the soup until smooth.
4. Stir in the heavy cream and heat through. Season with salt and pepper to taste.
5. Garnish with fresh chives or parsley if desired. Serve hot.

## ingredients

- > 2 tablespoons butter
- > 2 leeks, cleaned and sliced
- > 3 garlic cloves, minced
- > 4 medium potatoes, peeled and diced
- > 4 cups vegetable or chicken broth
- > 1 cup heavy cream
- > Salt and pepper, to taste
- > Fresh chives or parsley, for garnish (optional)

.....  
Serves 4

## tip from the chef

*Serve with a grilled sourdough and cheese sandwich!*



# new england

## clam chowder

■ ■ □ | Preparation time: 15 minutes - Cooking time: 30 minutes

### ingredients

- > 4 strips bacon, diced
- > 1 medium onion, diced
- > 2 celery stalks, diced
- > 3 garlic cloves, minced
- > 2 tablespoons all-purpose flour
- > 2 cups clam juice
- > 1 cup chicken broth
- > 2 cups diced potatoes (about 2 medium potatoes)
- > 1 cup heavy cream
- > 1 (10 oz) can of chopped clams, with juice
- > 1 teaspoon dried thyme
- > Salt and pepper, to taste
- > Fresh parsley, for garnish (optional)

### method

1. In a large pot, cook the diced bacon over medium heat until crispy. Remove the bacon and set aside, leaving the bacon fat in the pot.
2. Add diced onion, celery, and garlic to the pot. Cook for 5-7 minutes until softened.
3. Stir in the flour and cook for 1 minute. Gradually add clam juice and chicken broth, stirring constantly. Bring to a boil.
4. Add diced potatoes and simmer for 15 minutes, or until potatoes are tender. Stir in heavy cream, chopped clams with juice, thyme, and cooked bacon. Heat through, seasoning with salt and pepper.
5. Garnish with fresh parsley if desired. Serve hot.

.....  
Serves 4



### tip from the chef

*Serve in a sourdough bread bowl!*



# hungarian

## goulash stew

■ ■ □ | Preparation time: 15 minutes - Cooking time: 1 hour 30 minutes

### method

1. Heat olive oil in a large pot over medium-high heat. Add beef cubes and brown on all sides. Remove beef and set aside.
2. In the same pot, add diced onion and cook for 5 minutes until softened. Stir in minced garlic, paprika, and caraway seeds (if using).
3. Add diced bell pepper, carrots, potatoes, and browned beef. Stir to combine.
4. Pour in diced tomatoes and beef broth. Bring to a boil, then reduce heat and simmer for 1 hour, or until beef and vegetables are tender.
5. Season with salt and pepper to taste. Garnish with fresh parsley if desired. Serve hot.

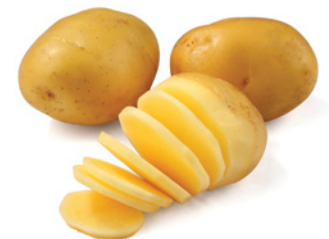
.....  
Serves 4

### ingredients

- > 2 tablespoons olive oil
- > 1 lb beef stew meat, cut into cubes
- > 1 large onion, diced
- > 3 garlic cloves, minced
- > 2 tablespoons paprika
- > 1 teaspoon caraway seeds (optional)
- > 1 red bell pepper, diced
- > 2 carrots, sliced
- > 2 potatoes, peeled and diced
- > 1 (14.5 oz) can diced tomatoes
- > 4 cups beef broth
- > Salt and pepper, to taste
- > Fresh parsley, for garnish (optional)

### tip from the chef

*Serve with your favorite dinner rolls!*



# chicken

## tortilla soup

■ ■ □ | Preparation time: 15 minutes - Cooking time: 25 minutes

### ingredients

- > 1 tablespoon olive oil
- > 1 medium onion, diced
- > 3 garlic cloves, minced
- > 1 red bell pepper, diced
- > 1 (14.5 oz) can diced tomatoes
- > 4 cups chicken broth
- > 2 cups cooked, shredded chicken (about 2 chicken breasts)
- > 1 cup corn kernels (fresh, frozen, or canned)
- > 1 teaspoon ground cumin
- > 1 teaspoon chili powder
- > Salt and pepper, to taste
- > 4 small tortillas, cut into strips
- > 1 cup shredded cheddar cheese (optional)
- > Fresh cilantro, jalapeno slices and lime wedges, for garnish (optional)

### method

1. Heat olive oil in a large pot over medium heat. Add diced onion, garlic, and bell pepper. Cook for 5-7 minutes until vegetables are softened.
2. Stir in the diced tomatoes, chicken broth, cumin, chili powder, salt, and pepper. Bring to a boil.
3. Add shredded chicken and corn. Reduce heat and simmer for 10 minutes.
4. While the soup simmers, heat a small amount of oil in a skillet and fry tortilla strips until crispy. Drain on paper towels.
5. Ladle soup into bowls, and top with tortilla strips and shredded cheese if desired. Garnish with fresh cilantro, jalapeno slices and lime wedges.

.....  
Serves 4



### tip from the chef

*Serve with a side of avocado salsa!*



# tortellini soup

## with fresh vegetables

■ ■ □ | Preparation time: 15 minutes - Cooking time: 30 minutes

### method

1. Heat olive oil in a large pot over medium heat. Add the Italian sausage, chopped onion, garlic, carrots, and celery. Sauté for 5-7 minutes until softened.
2. Stir in zucchini, green beans, and diced tomatoes. Cook for another 5 minutes.
3. Pour in the vegetable broth, oregano, and basil. Bring to a boil, then reduce heat and simmer for 15 minutes.
4. Add the tortellini to the pot and cook for another 10 minutes, until the tortellini is tender.
5. Stir in the fresh spinach just before serving. Season with salt and pepper. Garnish with grated Parmesan if desired.

.....  
Serves 4-6

### ingredients

- > 2 tbsp olive oil
- > 1 onion (chopped)
- > 2 garlic cloves (minced)
- > 2 carrots (peeled and sliced)
- > 2 celery stalks (sliced)
- > 2 italian sausage links, sliced
- > 1 zucchini (diced)
- > 1 cup green beans (trimmed and cut into 1-inch pieces)
- > 1 can diced tomatoes (14 oz)
- > 4 cups vegetable broth
- > 1 package (12 oz) tortellini
- > 1 tsp dried oregano
- > 1 tsp dried basil
- > Salt and pepper (to taste)
- > 2 cups spinach (fresh, chopped)
- > Grated Parmesan cheese (optional, for garnish)

### tip from the chef

*Serve with fresh baked garlic breadsticks!*



# seafood

## cioppino stew

■ ■ □ | Preparation time: 15 minutes - Cooking time: 15 minutes

### ingredients

- > 2 tbsp olive oil
- > 1 onion (chopped)
- > 4 garlic cloves (minced)
- > 1 fennel bulb (sliced thin)
- > 1 can diced tomatoes (28 oz)
- > 1 cup white wine
- > 4 cups seafood or fish stock
- > 1 bay leaf
- > 1 tsp dried oregano
- > ½ tsp red pepper flakes (optional)
- > 1 lb clams (scrubbed)
- > 1 lb mussels (scrubbed and debearded)
- > ½ lb shrimp (peeled and deveined)
- > Salt and pepper (to taste)
- > Chopped fresh parsley (for garnish)
- > Crusty bread (for serving)

### method

1. Heat olive oil in a large pot over medium heat. Add onion, garlic, and fennel. Sauté for 5-7 minutes until softened.
2. Add diced tomatoes, white wine, seafood stock, bay leaf, oregano, and red pepper flakes. Bring to a simmer and cook for 10 minutes to allow the flavors to meld.
3. Add clams and mussels, cover, and cook for 5-7 minutes until the shells begin to open.
4. Stir in the shrimp and cook for another 5 minutes until the shrimp turn pink.
5. Discard any unopened shells. Season with salt and pepper to taste, garnish with parsley and serve with crusty bread.

.....  
Serves 4-6



### tip from the chef

*Serve over your favorite pasta with grated parmesan cheese!*

# slow cooker

## beef bourguignon stew

■■■ | Preparation time: 20 minutes - Cooking time: 8 hours (low) 4-5 hours (high)

### method

1. In a skillet, cook chopped bacon until crispy. Remove and set aside. In the same skillet, brown beef cubes in batches, seasoning with salt and pepper. Transfer beef to the slow cooker.
2. Add diced onion, garlic, and tomato paste to the skillet, and sauté for 2 minutes. Pour in red wine to deglaze the pan, scraping up browned bits. Let it simmer for 3 minutes, then pour over the beef in the slow cooker.
3. Add carrots, potatoes, mushrooms, thyme, and bay leaf to the slow cooker. Pour in beef broth and cooked bacon. Stir to combine.
4. Cover and cook on low for 8 hours (low) 4-5 hours (high) until the beef is tender.
5. For a thicker sauce, mix 2 tbsp flour with some broth, stir into the stew, and cook on high for 15 more minutes.

.....  
Serves 6

### ingredients

- > 2 lbs beef chuck, cut into 1-inch cubes
- > 6 slices bacon, chopped
- > 2 cups red wine (Burgundy or Pinot Noir)
- > 1 cup beef broth
- > 3 carrots, sliced
- > 12 oz baby potatoes, halved
- > 1 onion, diced
- > 4 cloves garlic, minced
- > 2 tbsp tomato paste
- > 1 tsp thyme (fresh or dried)
- > 1 bay leaf
- > ½ lb mushrooms, sliced
- > 2 tbsp flour (optional, for thickening)
- > Salt and pepper, to taste
- > 2 tbsp olive oil

### tip from the chef

Serve with fresh baked dinner rolls!



# creamy broccoli cheddar soup

■ ■ □ | Preparation time: 10 minutes - Cooking time: 25 minutes

## ingredients

- > 4 cups broccoli florets
- > 1 small onion, diced
- > 2 cloves garlic, minced
- > 4 tbsp butter
- > ¼ cup all-purpose flour
- > 2 cups chicken or vegetable broth
- > 2 cups whole milk
- > 1 cup heavy cream
- > 2 cups sharp cheddar cheese, shredded
- > ¼ tsp nutmeg (optional)
- > Salt and pepper, to taste

## method

1. In a large pot, melt butter over medium heat. Add diced onion and garlic, cooking until soft, about 3 minutes.
2. Stir in flour and cook for 2 minutes, stirring constantly, to make a roux.
3. Slowly whisk in chicken broth, then add milk and cream. Bring the mixture to a simmer.
4. Add broccoli florets, cover, and simmer for 15 minutes until tender. Optionally, blend part of the soup for a smoother texture.
5. Stir in shredded cheddar cheese until melted and smooth. Season with nutmeg, salt, and pepper. Serve warm.

.....  
Serves 4



## tip from the chef

*Serve in a hollowed out round of unsliced sourdough bread!*



# vegan sweet potato and coconut soup

■ ■ □ | Preparation time: 15 minutes - Cooking time: 20 minutes

## method

1. In a large pot, heat olive oil over medium heat. Add diced onion, carrots and garlic, cooking until soft, about 3 minutes.
2. Stir in ground cumin and ginger, cooking for 1 minute to release their aroma.
3. Add diced sweet potatoes and vegetable broth to the pot. Bring to a boil, then reduce heat and simmer for 15 minutes until the sweet potatoes are soft.
4. Add coconut milk and blend the soup with an immersion blender until smooth (or transfer to a blender in batches).
5. Season with salt and pepper to taste. Garnish with fresh cilantro, if desired, and serve warm.

## ingredients

- > 2 large sweet potatoes (about 1 lb) peeled and diced
- > 1 onion, diced
- > 2 cloves garlic, minced
- > 2 carrots diced
- > 1 tbsp olive oil
- > 1 can (14 oz) coconut milk
- > 2 cups vegetable broth
- > 1 tsp ground cumin
- > ½ tsp ground ginger
- > Salt and pepper, to taste
- > Fresh cilantro, for garnish (optional)

.....  
Serves 4-6

## tip from the chef

*Enjoy this creamy, fragrant Vegan Sweet Potato and Coconut Soup!*



# creamy corn chowder with bacon

■ ■ □ | Preparation time: 15 minutes - Cooking time: 30 minutes

## ingredients

- > 6 slices bacon, chopped
- > 1 medium onion, diced
- > 2 celery stalks, diced
- > 2 garlic cloves, minced
- > 4 cups corn kernels (fresh or frozen)
- > 2 large potatoes, peeled and diced
- > 4 cups chicken or vegetable broth
- > 1 cup heavy cream
- > 1 tsp thyme
- > Salt and pepper to taste
- > ¼ cup fresh parsley, chopped (for garnish)

## method

1. In a large pot, cook the chopped bacon over medium heat until crispy (about 5 minutes). Remove with a slotted spoon and set aside, leaving the bacon grease in the pot.
2. Add the onion, celery, and garlic to the bacon grease. Cook for 5 minutes until softened. Stir in the thyme.
3. Add the corn and diced potatoes to the pot, then pour in the broth. Bring to a boil, reduce the heat, and simmer for 15 minutes, or until the potatoes are tender.
4. Stir in the heavy cream and cook for an additional 5 minutes. Use a potato masher or an immersion blender to mash some of the potatoes and thicken the chowder slightly.
5. Season with salt and pepper. Garnish with crispy bacon and fresh parsley before serving.

.....  
Serves 4



## tip from the chef

*For an elegant chowder, garnish with store bought lump crab meat and crusty bread!*



# slow cooker

## meat chili stew

■ ■ □ | Preparation time: 20 minutes - Cooking time: Low 6-8 Hours, High 3-4 hours



### method

1. Heat the vegetable oil in a large skillet over medium-high heat. Add the chopped onion and minced garlic, and cook until softened, about 3-4 minutes. Add the ground beef, and ground pork to the skillet, breaking it up with a spoon, and cook until browned and cooked through, about 5-7 minutes. Remove to a separate plate and set aside.
2. In the same skillet, brown the cubed chuck roast, stirring to brown all sides, about 5-7 minutes.
3. Transfer the cooked meat mixture and the browned chuck roast to the slow cooker. Add the drained and rinsed kidney beans and black beans, diced tomatoes, tomato sauce, beef broth, chili powder, ground cumin, dried oregano, smoked paprika, salt, and pepper to the slow cooker. Stir to combine.
4. Cover and cook on low for 6-8 hours or on high for 3-4 hours, or until the chili is heated through and the flavors are well combined.

### ingredients

- > 1 tablespoon vegetable oil
- > 1 onion, chopped
- > 3 cloves garlic, minced
- > 1 pound ground beef
- > 1 pound ground pork
- > 1 pound chuck roast, cut in cubes
- > 1 can (15 ounces) kidney beans, drained and rinsed
- > 1 can (15 ounces) black beans, drained and rinsed
- > 1 can (15 ounces) diced tomatoes
- > 1 can (15 ounces) tomato sauce
- > 1 cup beef broth
- > 1 tablespoon chili powder
- > 1 tablespoon ground cumin
- > 1 teaspoon dried oregano
- > 1 teaspoon smoked paprika
- > Salt and pepper to taste

.....  
Serves 8-10

### tip from the chef

*Serve the chili hot, topped with your favorite toppings such as shredded cheese, sour cream, chopped green onions, chopped fresh cilantro, diced avocado, jalapeno peppers and crackers!*



# vietnamese

## pho with beef

■ ■ □ | Preparation time: 15 minutes - Cooking time: 1.5 to 2 hours

### ingredients

- > 1 lb beef bones (marrow or knuckle)
- > 1 lb beef brisket or sirloin, thinly sliced
- > 8 oz rice noodles (pho noodles)
- > 1 large onion, halved
- > 3-inch piece ginger, sliced
- > 3 star anise
- > 2 cinnamon sticks
- > 4 cloves
- > 6 cups (1.4 liters) beef broth
- > 2 tbsp fish sauce
- > 1 tbsp sugar
- > 1 bunch fresh cilantro, chopped
- > 1 bunch fresh Thai basil
- > 2 limes, quartered
- > 2-3 green onions, sliced
- > 1-2 chili peppers, sliced (optional)
- > Bean sprouts (for garnish optional)
- > Hoisin sauce & Sriracha (optional)

### method

1. In a dry pot, toast star anise, cinnamon, and cloves until fragrant, about 2 minutes. Char onion and ginger directly over a flame or under the broiler until blackened.
2. Add beef bones, toasted spices, charred onion, and ginger to the pot. Pour in beef broth, fish sauce, and sugar. Bring to a boil, then simmer for 1.5 to 2 hours. Skim off any foam.
3. While the broth simmers, cook rice noodles according to package instructions, then drain and set aside.
4. Divide cooked noodles into bowls. Place thinly sliced raw beef on top (it will cook in the hot broth). Add sliced green onions and cilantro.
5. Strain the broth, discarding bones and spices. Pour the hot broth over the noodles and beef. Serve with lime wedges, basil, bean sprouts, chili peppers, hoisin, and Sriracha on the side.

.....  
Serves 4



### tip from the chef

*Enjoy this aromatic, comforting bowl of Vietnamese Pho with Beef!*



# southern ham and bean stew

■ □ □ | Preparation time: 15 minutes - Cooking time: 30 minutes

## method

1. Heat olive oil in a large pot over medium heat. Add the onion, celery, and carrots. Cook for 5 minutes until the vegetables are softened. Stir in the garlic and cook for an additional minute.
2. Add the diced ham, thyme, and bay leaf to the pot, stirring to combine. Cook for another 2 minutes to allow the flavors to meld.
3. Pour in the chicken broth and bring the mixture to a boil. Add the white beans, reduce the heat, and let it simmer for 20 minutes to thicken and develop flavor.
4. Season the stew with salt and pepper to taste. Remove the bay leaf before serving.
5. Ladle the stew into bowls and garnish with fresh parsley.

## ingredients

- > 1 tbsp olive oil
- > 1 medium onion, diced
- > 2 celery stalks, diced
- > 2 carrots, diced
- > 3 garlic cloves, minced
- > 2 cups cooked ham, diced
- > 4 cups chicken broth
- > 2 (15 oz) cans white beans, drained and rinsed
- > 1 bay leaf
- > 1 tsp thyme
- > Salt and pepper to taste
- > ¼ cup fresh parsley, chopped (for garnish)

.....  
Serves 4

## tip from the chef

*A hearty, comforting stew perfect for a satisfying Southern-style meal served with cornbread or crusty bread.*



# mulligatawny

## soup

■ ■ □ | Preparation time: 15 minutes - Cooking time: 40 minutes

### ingredients

- > 1 tbsp vegetable oil
- > 1 onion, diced
- > 2 cloves garlic, minced
- > 1 tbsp ginger, minced
- > 1 tbsp curry powder
- > ½ tsp ground cumin
- > ½ tsp turmeric
- > 1 apple, peeled and diced
- > 1 carrot, sliced
- > 1 celery stalk, sliced
- > ½ cup red lentils
- > ½ cup coconut milk
- > 4 cups chicken or vegetable broth
- > 1 cup cooked chicken (optional), shredded
- > Salt and pepper, to taste
- > Fresh cilantro, for garnish

### method

1. Heat oil in a large pot over medium heat. Add onion, garlic, and ginger, and sauté for 3-4 minutes until soft.
2. Stir in curry powder, cumin, and turmeric. Add diced apple, carrot, and celery, and cook for 2 minutes.
3. Add red lentils and broth to the pot. Bring to a boil, then reduce heat and simmer for 25 minutes until the lentils and vegetables are tender.
4. Stir in coconut milk and cooked chicken (if using). Simmer for 5 more minutes to heat through.
5. Adjust seasoning with salt and pepper. Garnish with fresh cilantro and serve hot.

.....  
Serves 4



### tip from the chef

*Enjoy the warming, fragrant Mulligatawny Soup with fresh baked dinner rolls!*



# spanish chorizo

## and potato stew

■ ■ □ | Preparation time: 15 minutes - Cooking time: 55 minutes

### method

1. Heat olive oil in a large pot over medium heat. Add sliced chorizo and chicken thighs and cook until browned about 7-10 minutes. Remove and set aside.
2. In the same pot, add diced onion and garlic. Sauté until soft, about 5 minutes.
3. Stir in smoked paprika, cumin (optional), and potatoes. Cook for 2 minutes, stirring to coat the potatoes in the spices.
4. Add diced tomatoes and broth. Bring to a boil, then reduce heat and simmer for 25-30 minutes until the potatoes are tender.
5. Return the browned chorizo and chicken thighs to the pot, season with salt and pepper, and simmer for another 15 minutes. Garnish with fresh parsley and serve warm.

### ingredients

- > 2 tbsp olive oil
- > 4 large chicken thighs
- > 10 oz Spanish chorizo, sliced
- > 1 onion, diced
- > 3 cloves garlic, minced
- > 1 tsp smoked paprika
- > ½ tsp cumin (optional)
- > 8 new potatoes, peeled and cut in half
- > 1 can (14 oz) diced tomatoes
- > 4 cups chicken or vegetable broth
- > Salt and pepper, to taste
- > Fresh parsley, for garnish (optional)

.....  
Serves 4

### tip from the chef

*Serve with a loaf of crusty bread!*



# greek

## avgolemono soup

■ □ □ | Preparation time: 10 minutes - Cooking time: 25 minutes

### ingredients

- > 4 cups chicken broth
- > ½ cup rice (short or medium grain)
- > 3 eggs
- > ¼ cup lemon juice (about 2 lemons)
- > 2 cups cooked chicken, shredded
- > Salt and pepper, to taste
- > Fresh dill or parsley, for garnish (optional)
- > Lemon slices

### method

1. In a large pot, bring chicken broth to a boil. Add rice, reduce heat to low, and simmer for 15-20 minutes until rice is tender.
2. In a bowl, whisk together the eggs and lemon juice until smooth.
3. Slowly ladle 1-2 cups of hot broth into the egg-lemon mixture, whisking constantly to prevent curdling.
4. Gradually pour the tempered egg mixture back into the soup, stirring constantly until the soup thickens slightly. Do not let it boil.
5. Add shredded chicken and season with salt and pepper. Garnish with fresh dill or parsley and lemon wedges and serve warm.

.....  
Serves 4



### tip from the chef

*This silky, tangy Greek Avgolemono Soup will become your favorite chicken lemon soup!*



# gumbo

## with shrimp and sausage

■ ■ □ | Preparation time: 15 minutes - Cooking time: 1 hour 15 minutes

### method

1. In a large pot, heat vegetable oil over medium heat. Stir in flour and cook, stirring constantly, until the mixture turns a dark brown color, about 10-15 minutes.
2. Add the sliced sausage to the pot and cook for 5 minutes. Stir in onion, bell pepper, celery, and garlic, cooking until vegetables are soft, about 5 minutes.
3. Stir in diced tomatoes, chicken broth, bay leaves, thyme, paprika, and cayenne pepper. Bring to a boil, then reduce heat and simmer for 30 minutes.
4. Stir in sliced okra (if using) and cook for 10 minutes. Add shrimp and cook until they turn pink and are cooked through about 5 minutes.
5. Remove bay leaves, and adjust seasoning with salt and pepper. Serve gumbo over cooked rice and garnish with fresh parsley and green onions if desired.

.....  
Serves 6

### ingredients

- > ½ cup vegetable oil
- > ½ cup all-purpose flour
- > 1 lb andouille sausage, sliced
- > 1 lb shrimp, peeled and deveined
- > 1 onion, diced
- > 1 green bell pepper, diced
- > 2 bay leaves
- > 2 celery stalks, diced
- > 4 cloves garlic, minced
- > 1 can diced tomatoes
- > 4 cups chicken broth
- > 2 bay leaves
- > 1 tsp dried thyme
- > 1 tsp smoked paprika
- > ½ tsp cayenne pepper (adjust for heat)
- > 2 cups okra, sliced (optional)
- > 1 cup cooked rice (for serving)
- > Salt and pepper, to taste
- > Fresh parsley, for garnish (optional)
- > Green onions, for garnish (optional)

### tip from the chef

Enjoy your hearty and flavorful Gumbo with Shrimp and Sausage!



# louisiana

## crawfish gumbo

■ ■ □ | Preparation time: 20 minutes - Cooking time: 1 hour

### ingredients

- > ½ cup vegetable oil
- > ½ cup all-purpose flour
- > 1 medium onion, diced
- > 1 green bell pepper, diced
- > 2 celery stalks, diced
- > 4 garlic cloves, minced
- > 1 (14.5 oz) can diced tomatoes
- > 1 lb crawfish tails (peeled, cooked)
- > ½ lb smoked sausage, sliced
- > 4 cups seafood or chicken broth
- > 2 bay leaves
- > 1 tbsp Cajun seasoning
- > 1 tsp thyme
- > 1 tsp paprika
- > Salt and pepper to taste
- > ¼ cup fresh parsley, chopped
- > Cooked white rice (for serving)

### method

1. In a large pot, heat the vegetable oil over medium heat. Gradually whisk in the flour, stirring constantly, until the roux turns a deep brown (about 10-15 minutes).
2. Stir in the onion, bell pepper, celery, and garlic. Cook for 5 minutes until softened. Add the sliced sausage and cook for another 5 minutes.
3. Add the diced tomatoes, broth, bay leaves, Cajun seasoning, thyme, and paprika. Bring to a boil, then reduce heat and simmer for 30 minutes to develop the flavors.
4. Stir in the crawfish tails and simmer for another 10 minutes, until heated through. Season with salt and pepper to taste.
5. Remove bay leaves, garnish with parsley, and serve over cooked white rice. Enjoy!

.....  
Serves 4-6



### tip from the chef

*A rich and flavorful Louisiana-style gumbo featuring tender crawfish!*



# index

Introduction .....	3
Classic Chicken Noodle Soup .....	6
Creamy Tomato Basil Soup .....	8
Hearty Beef and Barley Stew .....	10
Moroccan Chickpea and Lentil Soup .....	12
Butternut Squash and Sage Soup .....	14
Slow Cooker Split Pea Soup .....	16
Spicy Black Bean Soup.....	18
French Onion Soup with Gruyère.....	20
Tuscan White Bean and Kale Soup.....	22
Louisiana Shrimp and Okra Gumbo .....	24
Italian Wedding Soup.....	26
Creamy Potato and Leek Soup .....	28
New England Clam Chowder.....	30
Hungarian Goulash Stew .....	32
Chicken Tortilla Soup.....	34
Tortellini Soup with Fresh Vegetables .....	36
Seafood Cioppino Stew .....	38
Slow Cooker Beef Bourguignon Stew .....	40
Creamy Broccoli Cheddar Soup.....	42
Vegan Sweet Potato and Coconut Soup.....	44
Creamy Corn Chowder with Bacon .....	46
Slow Cooker Meat Chili Stew .....	48
Vietnamese Pho with Beef.....	50
Southern Ham and Bean Stew .....	52
Mulligatawny Soup .....	54
Spanish Chorizo and Potato Stew.....	56
Greek Avgolemono Soup.....	58
Gumbo With Shrimp and Sausage.....	60
Louisiana Crawfish Gumbo .....	62

