

**SOUP #1 - CLUCK:** *(This is a great soup to make when you have a lot of leftover chicken in the fridge. I usually use chicken breast, but other cuts would also work well.)*

**YIELD:** 6 SERVINGS

**PREP TIME:** 15 MINUTES

**TOTAL COOKING TIME:** 1 HOUR

**SOURCE:** THE STORYTELLER'S KITCHEN

**INGREDIENTS:**

2 tbsp of olive oil

1 small yellow onion (or ¼ of a larger variety)

2 celery sticks

2 medium carrots peeled and chopped (Cheater option: 1 cup of chopped frozen carrots)

¼ cup of uncooked rice (white, brown, wild rice all work well)

½ tsp ground sage

½ Italian seasonings or herbes de Provence

1 tsp salt

¼ tsp pepper

2 900 ml cartons of chicken broth

2 cups of water

Small handful of uncooked spaghetti

Cut up pieces of leftover chicken breast. *(The measurements in this recipe will work well with 2 chicken breasts. If you have more than that, add more chicken broth to your batch.)*

## **DIRECTIONS:**

- Heat oil in a heavy-bottomed pot on medium-high heat. Add onion, celery, and carrots. When you have a good sizzle going and your onion is starting to look translucent, turn your heat down to medium.
- Add your rice or soup mix and all of the seasonings (salt, pepper, sage, and herbs). Continue sautéing for another 2–3 minutes.
- Pour the carton of soup broth and 2 cups of water into the pot. Add your cooked chicken breast. Stir well, cover with pot lid, and turn the heat back up to high.
- Once your soup is boiling, turn the heat down to minimum, cover it and let it simmer for an hour. Break apart your handful of uncooked spaghetti in two and add it to the pot within the last 20 minutes of cooking time.

**SOUP #2 - MOO:** *(This is a great soup to make when you have leftover beef in the fridge. I've made it with leftover pot roast, round roast, sirloin, skirt steak, etc....all cuts work well.)*

**YIELD:** 6 SERVINGS

**PREP TIME:** 15 MINUTES

**TOTAL COOKING TIME:** 90 MINUTES

**SOURCE:** THE STORYTELLER'S KITCHEN

## **INGREDIENTS:**

2 tbsp of olive oil

1 small yellow onion or ¼ of a larger variety

1 tsp salt

½ tsp pepper

½ tsp chili powder

½ tsp smoked paprika

¼ tsp celery salt

1 cup of dried soup mix (uncooked rice, barley, split peas)

1 tbsp of chopped garlic

2 cartons of beef broth

2 cups of water

2 tbsp tomato paste OR 1 can of petit cut stewed tomatoes, if you like chunks of tomatoes in your soup

Leftover beef cut up – at least 1 pound.

1 cup of frozen chopped greens (I use a mix of kale, spinach, and collard greens)

**CHEF TIP:** You can also add ¼ of a cup of any dry red wine you may have on hand around the house.

**INVITATION TO IMPROVISE:** I have thrown leftover vegetables into this soup many times with success. Green beans, carrots, parsnips, Brussel sprouts, all have found their way into this soup. It's a great way to 'repurpose' leftovers that may not seem as appealing warmed up on a plate the next day.

**DIRECTIONS:**

- Heat oil in a large, heavy-bottomed pot over medium heat
- Sauté onion and garlic until soft. Add all spices/seasonings and your dried soup mix
- Add beef broth, water, wine (if using), and tomato paste
- Add your bite-sized cut-up chunks of beef
- Add frozen greens
- Once your broth is boiling, turn it down to minimum, cover, and simmer for at least 1 ½ hours.

### **SOUP #3 - VEG:**

**YIELD:** 6 SERVINGS

**PREP TIME:** 20 MINUTES

**TOTAL COOKING TIME:** 1 HOUR

**SOURCE:** WEEKNIGHTBITE.COM

1 carton of vegetable soup broth

2 cups of water

1 bag of frozen and chopped butternut squash

1 large carrot, peeled, and chopped OR Cheater option from Cluck

1 tsp chopped garlic

1 small onion or ¼ of a larger variety, chopped

2 celery sticks, chopped

1 apple (any variety), peeled and chopped/sliced

1 tsp salt

1 tsp dried sage

½ tsp ginger

½ tsp nutmeg

¼ tsp cumin

¼ cloves

### **DIRECTIONS:**

- In a large skillet, heat oil on medium-high and sauté onion, celery, and carrots for 4–5 minutes
- Add garlic and apple

- Add all spices and seasonings. Turn heat down.
- Add squash cubes and continue sautéing on medium-low heat for at least another 5 minutes
- Meanwhile, combine water and vegetable broth in a separate pot and set to boil
- Add squash mixture to pot of broth
- Once it boils, turn it down to minimum and let it simmer for 45 minutes-1 hour
- Remove from heat and puree with an immersion blender or pour it into a pitcher blender and blend to a liquid consistency.
- Pour back into your soup pot and let it sit on a cooler part of your stove until ready to serve. This soup will thicken as it sits.

**GOURMET OPTION:** If you want to serve this to company and give it a little presentation flair, consider topping it with a dollop of sour cream and a handful of chopped chives.

P.S...My daughter, a child who has proclaimed that eating vegetables is a mortal sin, LOVES this soup.