



# Ladies of the Lakes Quilters

Welcome The

# Country Village Quilters

To Their Annual Soup-In  
th,

# November 9<sup>th</sup> 2022



Recipes from Today



CARROT CHOWDER	LLQG Soup-In 2022
Ingredients:	
1 lb. Ground Beef, cooked and drained	
½ C. chopped celery	
½ C. chopped onion	
1 C. grated carrot	
2 (10 ¾ oz. each) condensed cream of celery soup, undiluted	
1 (32 oz.) can tomato juice	
1 ½ C. vegetable broth (or water)	
½ tsp. garlic salt	
½ tsp. dried marjoram (optional)	
1 tsp. sugar	
Shredded Monterey Jack cheese	
Directions:	
Combine the first 10 ingredients in a Dutch oven or soup kettle. Bring to a boil. Reduce heat and simmer, uncovered about an hour or until the vegetables are tender. Sprinkle each serving with cheese	

BUTTERNUT SQUASH SOUP	LLQG Soup-In 2022
Ingredients:	
1 diced onion	
1 butternut squash, peeled and cubed	
2 peeled and cored apples	
4 C. vegetable broth	
1 tsp. nutmeg	
2 tsp. cinnamon	
1 tbsp brown sugar	
Directions:	
Saute onion in butter. Add remaining ingredients and cook until squash is well cooked.	
Blend with an immersion blender until creamy. Serve!	

## Low Carb French Onion Meatballs (Gluten Free, Keto)

LLQG Soup-In 2022

### Ingredients:

#### **Meatballs:**

1 pound ground pork or beef  
1/2 C. shredded mozzarella cheese  
1/3 C. pork rind crumbs  
1 tbsp chopped fresh parsley  
1 tbsp chopped fresh sage

#### **Sauce:**

2 medium onions sliced thinly  
2 oz butter  
16 oz beef stock (or broth)  
1 tsp minced garlic  
salt & pepper to taste

1 egg

#### **Topping:**

1 tsp minced garlic  
1 tsp onion powder  
salt & pepper to taste  
½ C. shredded mozzarella  
1 tbsp chopped fresh parsley

### Directions:

Mix all meatball ingredients thoroughly. Form into approx. 20 golf ball sized meatballs. Bake on Parchment lined cookie sheet at 425 degrees for 30 minutes. Meanwhile, melt butter in large skillet w/ deep sides. Add onions to skillet and cook over med-hi heat until caramelized Add beef stock, garlic, S&P and simmer til reduced and thickened. Nestle meatballs in sauce, top with cheese. Once cheese is melted, top with parsley and serve as is or over zoodles (zucchini noodles) for Keto friendly meal.

## MINESTRONE SOUP (serves 30)

LLQG Soup-In 2022

### Ingredients:

1 zucchini squash – all vegetables fine diced  
2 summer squash  
2 carrots  
1 parsnip  
2-3 Medium onions  
2-3 celery stocks  
1 jar Genovese Pesto  
1 jar Chicken Base (8 oz “Better Than Bouillon”)  
½ jar Minced Garlic  
5-6 quarts water  
3 cans crushed tomatoes (28 oz)  
1 box Digitalini pasta

### Directions:

1. 3or 4 Tbs Olive Oil into soup pot and heat; when hot, add diced vegetables.
2. Stir and cook – 1-1 ½ hours
3. Add water, chicken base, pesto, minced garlic; stir and cook 1 hour
4. Add canned tomatoes; stir and continue to cook
5. When 15 or 20 minutes before serving time, add digitalini pasta and stir.
6. Add salt and pepper to taste

\*\* Great to freeze in individual cup portions for those cold winter days \*\*

HOMEMADE PEA SOUP		LLQG Soup-In 2022
Ingredients:		
48 oz chicken broth	2 cups water	
2 tbsp olive oil	16 oz bag split peas	
1 med. chopped onion	2 stalks chopped celery	
1 lg clove minced garlic	2 med potatoes peeled & cubed	
2 lg carrots peeled & sliced	1 tbsp chopped fresh parsley	
1 small chopped red pepper	1 ham bone with some meat remaining	
Directions:		
Soak peas in water for ½ hour. Place meat, broth & water in a deep pot, cover. Cook on med heat til it begins to boil. Add washed peas. Lower heat to simmer 1 ½ - 2 hrs. Stir occasionally. Remove ham, let cool, cut meat into bite size pieces, discard fat and bone. Return ham to pot and add potatoes, continue to simmer. On med heat, place olive oil in separate skillet to heat, Add remaining vegetables to simmer until slightly soft and tender (approx.. 5 mins.). Add cooked vegetables to the soup pot. Salt & Pepper to taste. Simmer. The potatoes will thicken the broth naturally. (Sometimes I hand mash potatoes to break them up). Garnish with Parsley and serve.		

ITALIAN BREAD SOUP		LLQG Soup-In 2022
Ingredients:		
2 (14 oz) cans reduced sodium chicken broth		
4 (14.5 oz) cans organic fire roasted diced tomatoes		
3 cups of croutons		
1 packet Good Seasons Italian Seasoning Mix		
salt & pepper		
grated parmesan cheese		
Directions:		
1. In a 4 quart slow cooker - combine all ingredients except croutons.		
2. Cook on High heat setting for 4-6 hours. Season with salt & pepper		
3. Serve with croutons and parmesan cheese.		

CROCK POT TACO SOUP		LLQG Soup-In 2022
Ingredients:		
1 (15 oz.) can black beans	1 (15 oz.) can pinto beans	
1 (14.5 oz.) can petit diced tomatoes	1 (15 oz.) can sweet corn	
1 (10 oz.) can green enchilada sauce	1 (32 oz.) can lower sodium chicken broth	
2 (1 oz.) packets taco seasoning	20 oz. ground turkey	
Shredded Mexican cheese	Sour cream	
Directions:		
Rinse and drain black and pinto beans. Add all beans, tomatoes, corn, enchilada sauce, chicken		
Broth and one packet of the taco seasoning to a crockpot. Stir to combine. Cover with lid and cook on		
low heat 3-6 hours.		
Brown and crumble the ground turkey in a large skillet until thoroughly cooked. Add second packet		
of taco seasoning and stir to combine. Add cooked ground turkey to crock pot. Stir to combine.		
Serve soup warm with shredded Mexican cheese and sour cream.		

CREAM OF TOMATO SOUP		LLQG Soup-In 2022
Ingredients:		
4 tbsp unsalted butter		
2 (28oz.) cans diced tomatoes, drained with 3 C. of the juice reserved		
1 onion, chopped fine		
2 tbsp light brown sugar	1 ¾ C. low-sodium chicken broth	
1 tbsp tomato paste	½ C. heavy cream (you may substitute milk)	
2 tbsp all-purpose flour		
Directions:		
Melt the butter in a large Dutch oven over medium-high heat. Add the drained tomatoes, onion,		
brown sugar and tomato paste. Cook, stirring occasionally, until the onion is softened and the		
tomatoes begin to caramelize, about 15 minutes.		
Stir in the flour and cook for 1 minute. Slowly stir in the broth and reserved tomato juice, scraping		
up any browned bits. Bring to a simmer, cover and cook for 10 minutes. Puree the soup in		
batches in blender until smooth.		
Return the pureed soup to the pot and stir in the cream (milk.) Bring to a brief simmer, then remove		
from the heat. Season with salt, pepper and cayenne to taste before serving.		

SQUASH AND PEAR SOUP	LLQG Soup-In 2022
Ingredients:	
1 tbsp Olive Oil	
1 lg onion, peeled, cored and quartered	
1 lg butternut squash; peeled, seeded and cubed (OR 1 20 oz. pkg. of cut up squash)	
3 med. Bosc or d'Anjou pears, peeled and cubed	
2 (14.5 oz. each) reduced sodium chicken broth	
1 tbsp fresh thyme, minced	
Directions:	
HEAT oil on LOW in soup pot. Add onion and squash. Bring to a simmer.	
Cook about 10 minutes, stirring occasionally.	
ADD pears, broth and thyme. Bring to a BOIL; reduce heat and simmer, uncovered,	
About 10-15 min., until squash and pears are tender.	
Ladle small batches into blender; puree until smooth.	
Return soup to pot; reheat on LOW.	
Salt and pepper to taste.	

15-BEAN SOUP	LLQG Soup -In 2022
Ingredients:	
1 pkg. 15 Bean Soup Mix, available in most supermarkets in the dried bean section	
1 lb. of ham hocks or smoked sausage	
1 C. onion, chopped	
1-14.5 oz. can diced tomatoes	
1 tsp. chili powder	
Juice of one lemon	
1-2 cloves of garlic, minced	
Directions:	
Place beans in a large pot. Cover with water. Allow bean to soak overnight or at least 8 hours	
Drain beans. Add two quarts water and meat. Bring beans to boil, reduce heat and simmer	
uncovered for 2 ½ hours. After simmering, add remaining ingredients and simmer for ½ hour.	
Salt and pepper to taste.	

TURKEY CHILE	LLQG Soup –In 2022
Ingredients:	
1-2lb. ground turkey	½ tsp cumin
3 lg cans diced tomatoes	½ tsp paprika
3 cans red kidney beans	½ tsp salt
1 chopped green pepper	1 crunched up bay leaf
1 diced onion	1 tbsp chile powder (+/- for spiciness preference)
1 tsp cayenne pepper	
Directions:	
Brown turkey, set aside. Cook green pepper and onion until tender.	
Bring to boil 3 cans of tomatoes with all spices, turn down to simmer and add kidney beans, turkey, peppers and onions. Simmer for at least 1 ½ hours – until beans are tender.	
Spices may be adjusted for Taste.	

Soup is Witchcraft. We put plants, spices, & dead animals into a cauldron & follow instructions from a book written by old people.