

# **21 Hot Soups** **for** **Chilly Evenings**



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## Autumn Chowder

- 1 Cup Chopped Onion
- 4 Cups Water
- 2 Cans Corn, undrained
- 3 Cups Milk
- 3 Cups Shredded Cheddar Cheese
- 10 Slices Bacon
- 2 Cups Sliced Carrots
- 2 Chicken Bouillon Cubes
- 1 tsp. Pepper
- 3-5 Tbsp. Flour
- 1 Pound Frozen Broccoli

Cook bacon, drain and chop. Sauté onions until tender. Combine bacon, onions, water, potatoes, carrots and bouillon cubes in large pot—simmer until potatoes are tender. Stir in milk, broccoli, corn, and pepper. Heat to almost boiling. Mix cheese and flour in plastic bag; add to soup mixture, stirring until melted.

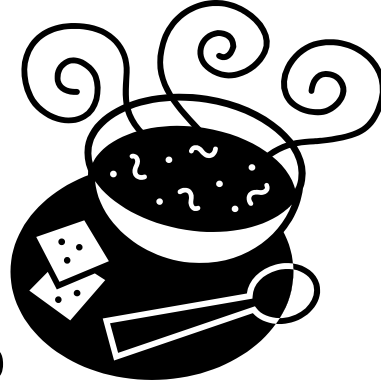


## Uncle Rob's Fish Chowder

2 lb. Tilapia  
1 lb. Catfish  
2 lb. Bacon  
4 Stalks Celery  
2 Large Sweet Onions (like Vidalia)  
5 lbs. Yellow Yukon Potatoes or Red Russet Potatoes  
 $\frac{3}{4}$  Cup Flour  
1 Stick Butter  
1 Gallon Whole Milk  
3 Quarts Water  
Sage to Taste  
Marjoram to Taste  
Thyme to Taste  
Parsley to Taste  
Salt to Taste

Dice the potatoes, onions, and celery. Boil in the 3 quarts of water. Fry the bacon (not too crisp), remove from the pan and tear into bite-size pieces. Melt a stick of butter, brown it (until it has a nutty smell). Add the bacon drippings. Mix with the flour (should be equal parts) to form a roux.

Add the water and vegetables to the roux (gradually), stirring constantly. Cut the tilapia and catfish. Add the milk slowly to the chowder, along with the fish and bacon. Season with sage, marjoram, thyme, parsley, and salt to taste. Simmer the soup, stirring frequently to prevent burning on the bottom.



## Black Bean Soup

- 2 Onions, chopped
- 2 Green Bell Peppers, chopped
- 1 tsp. Cumin
- 2 Tbsp. Butter
- 4 Cans Black Beans
- 2 Cans Broth
- 2 Green Chilies, chopped
- 4 Cans Diced Tomatoes
- ½ Cup Salsa
- 2 Cups Water
- 1 tsp. Powdered Garlic
- 1 tsp. Cilantro
- 1 tsp. Oregano

Sauté onion and pepper in butter with cumin. Add rest of ingredients. Simmer for 1 hour. Serve hot with tortilla chips.



## Cheese and Broccoli Soup

1/3 Cup Chopped Onion  
1 Clove Garlic, minced  
1/3 Cup Chopped Celery  
1 Tbsp. Olive Oil  
2 tsp. Spike All-Purpose Seasoning  
2 tsp. Bouillon or Vegetable Base  
1/2 Tbsp. Dried Parsley Flakes  
1 tsp. Basil Leaves  
1/2 tsp. Pepper  
1/2 tsp. Thyme  
1 (1 1/2-pound) Head of Broccoli  
1 1/3 Pounds Potatoes, skins on, scrubbed and diced  
Water  
1/2 Pound Monterey Jack Cheese, grated  
1/2 Cup Milk

In a stockpot or large saucepan, sauté onions, garlic and celery in olive oil until tender. Turn heat to low and add all spices and herbs. Stir and let stand for 1 minute.

Chop broccoli stems and leaves, reserving florets. Add chopped broccoli and diced potatoes to spice mixture. Cover with water and bring to a boil. Simmer mixture for 20 minutes.

Break up and steam florets; set aside. Blend soup in the work bowl of a blender or food processor until creamy. This may need to be done in batches. Return soup to pot. Add cheese, milk, steamed florets. Heat mixture thoroughly but do not boil.

# Beef Barley Soup



2 Pound Beef Stew, chopped

2 Medium Onions, chopped

4 Stalks Celery, chopped

4 Carrots, diced

1 ½ Cups Barley

1 Bay Leaf

Salt and Pepper to Taste

12 Cups Beef Stock

Combine all ingredients in a crockpot. Cover; cook on low for 6 to 8 hours.





## Taco Soup

2 Pounds Ground Beef, browned and drained

1 Envelope Taco Seasoning

1 ½ Cup Water

1 Can (16 oz.) Chili Beans, undrained

1 Can (16 oz.) Whole Kernel Corn, drained

1 Can (16 oz.) Pinto Beans, rinsed and drained

1 Can (16 oz.) Diced Tomatoes, undrained

1 Can (4 oz.) Green Chilies

1 Envelope Ranch Salad Dressing Mix

Shredded Cheddar Cheese to Sprinkle on Top of Taco Soup

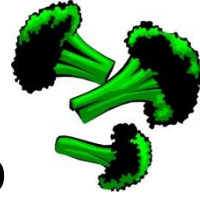
Mix ground beef with taco seasoning in a large soup pot. Stir in remaining ingredients and bring to a boil. Reduce heat to simmer, stirring occasionally. Serve hot. Sprinkle soup with cheddar cheese.



## Chesapeake Bay Crab Soup

4 Tbsp. Butter, Melted  
1 Small Onion, Finely Chopped  
3 Tbsp. Flour  
½ tsp. Old Bay Seasoning  
½ tsp. Worcestershire Sauce  
½ tsp. Minced Garlic  
½ tsp. White Pepper  
2 Cups Light Cream  
2 Cups Milk  
1 Pound Backfin Crabmeat  
2 Tbsp. Sherry  
Salt and Red Pepper to Taste

Sauté onion in butter until translucent. Stir in flour, Old Bay, Worcestershire Sauce, garlic, and white pepper. Add cream and milk; simmer 5 minutes over medium heat. Add crabmeat, Sherry and salt & red pepper to taste. Heat through. Serve hot with fresh bread or oyster crackers.



## **Cream of Broccoli Soup**

1 Gallon Whole Milk

1 qt. Heavy Cream

3 Cups Fresh Water

4 Stalks Broccoli

2 Tbsp. Chicken Base (for best results use Tonies, its at Sam's club and comes in a paste form)

Salt to Taste

Pepper to Taste

Roux (recipe follows)

Start by cutting the broccoli florets off the stalks into bite sized pieces. Run the stalks through a food processor or cut into small pieces. Put stalks into a pan and pour the water on top, bring to a boil for 10 minutes to extract the flavor. Strain out the broccoli, reserving the water.

In a large pot, pour in the milk and heavy cream, heat until simmering. Add the reserved water and the broccoli florets as well as the chicken base. Stir constantly for about 10 to 15 minutes at a simmer. Add the roux to thicken and cook about 5 minutes in order to cook out the flour taste.

## **Roux**

1/2 Cup Butter (unsalted is best)

1/2 Cup Flour

Melt butter in a pan then add the flour. Cook on low heat until it gives off a nutty aroma.



## 15 Bean Soup

15 Bean Soup™

Red Pepper to Taste

2 Tbsp. Salt

1 tsp. Chili Powder

1# Ham, Ham Hocks or Smoked Sausage, chopped

Juice of 1 Lemon

1 Large Onion, chopped

1 Clove Minced Garlic

1 Large Can Tomatoes

Salt & Pepper to Taste

Wash beans thoroughly. Place beans in a pan or kettle, cover with water and 2 Tbsp. salt. Soak overnight. In the morning, drain, add 2 quarts of water. Add ham, ham hocks or ring of smoked sausage. Bring to boil. Simmer slowly 2½ to 3 hours.

Add onion, tomatoes, red pepper, chili powder, lemon juice, garlic, salt and pepper. Simmer another 30 minutes. Add contents of ham packet one or two minutes before cooking is completed.

Serve with crackers and green salad.



## Passover Matzo Ball Soup

- 1 Chicken
- 2 Whole Onions
- 4 Stalks Celery, diced
- 4 Carrots, sliced
- Parsley
- Salt & Pepper to Taste
- Garlic Powder & Italian Seasoning to Taste

Add chicken to 2 ½ quarts cold water, bring to boil and skim foam off. Cook for ½ hour and remove chicken bones. Add vegetables and seasonings. Cook 1 to 1 ½ hours until chicken is tender, then add matzo meal balls.

## Matzo Balls

- ¾ Cup Matzo Meal
- 3 Eggs, separated
- Salt & Pepper to Taste

Separate eggs. Beat yolks and set aside. Beat egg whites until stiff. Fold together, then fold into matzo meal. Salt and pepper and place in refrigerator for 15 minutes. Use hands and form small balls of matzo meal and drop in boiling soup for 25 minutes.



## New England Clam Chowder

5 Cups Bottled Clam Juice  
1 Cup Flour  
1 Cup Onion, finely diced  
10 Slices Bacon, cooked and chopped  
2 Tbsp. Butter  
8 oz. Can Clams, chopped  
4 Medium Potatoes, cooked and cut in bite sized chunks  
1 Cup Half-n-Half  
Salt and Pepper to Taste

Heat the clam juice in a large saucepan on medium heat. In a separate pan, melt butter and sauté the diced onions until they appear translucent. Add bacon and flour to the melted margarine and stir continuously for 5 minutes. Increase heat on clam juice to medium-high, and, with a wire whisk, add flour, margarine and onion mixture to the liquid. Stir constantly, breaking up any lumps that form. Add clams and stir. Add potato chunks, milk, cream and salt, and continue stirring. Decrease heat to medium-low, and allow chowder to simmer for about 20 minutes, stirring frequently to avoid burning or sticking.

Serve clam chowder hot with oyster crackers, adding freshly ground black pepper to taste.



## Manhattan Clam Chowder

24 Medium Clams, rinsed  
1 Tbsp. Butter  
6 Slices Bacon  
1 Large Vidalia Onion, peeled and diced  
2 Cloves Garlic, peeled and minced  
2 Large Ribs Celery, chopped  
1 Green Pepper, diced  
2 Carrots, peeled and sliced  
½ tsp. Red Pepper Flakes  
3 Large Potatoes, cubed  
3 Sprigs Thyme  
1 Bay Leaf  
1 (28 oz.) Can Whole Peeled Tomatoes in Juice  
Pepper to Taste  
½ Cup Chopped  
¼ Cup Chopped Parsley

Put the clams in a large pot with 4 cups water over medium-high heat. Cover and cook until clams open. Strain clam juice out and set aside. Remove clams from shells and set clams aside.

Rinse out pot and add butter to saute onions, celery, peppers, garlic, and carrots until vegetables are soft. Add bacon and cook. Add potatoes until they start to soften. Add 4 cups of clam broth. Add sprigs of thyme and bay leaf.

Cover pot and simmer gently until potatoes are tender for 10-15 minutes. Add chopped clams, bacon, tomatoes, and pepper. Simmer chowder until heated through. Remove bay leaf.

Let chowder sit for an hour; then reheat. Serve hot with oyster crackers.

## Cream of Peanut Soup



- ¼ Cup (1/2 stick) Unsalted Butter
- 1 Medium Onion, finely chopped
- 2 Celery Ribs, finely chopped
- 3 Tbsp. Flour
- 8 Cups Chicken Stock (you can use low-salt canned chicken stock)
- 2 Cups Smooth Peanut Butter
- 1 ¾ Cups Light Cream or Half-n-Half
- Finely Chopped Salted Peanuts for Garnish

In a large saucepan or soup pot over medium heat, melt the butter. Add the onion and celery and cook, stirring often, until softened, three-five minutes.

Stir in flour and cook two minutes longer.

Pour in the chicken stock, increase the heat to high, and bring to a boil, stirring constantly. Reduce the heat to medium and cook, stirring often, until slightly reduced and thickened, about 15 minutes. Pour into a sieve set over a large bowl and strain, pushing hard on the solids to extract as much flavor as possible. Return the liquid to the sauce pan or pot.

Whisk the peanut butter and the cream into the liquid. Warm over low heat, whisking often, for about five minutes. Do not boil.

Serve warm, garnished with the chopped peanuts.



## Spinach & Meatball Soup



- 2 Cloves Garlic, chopped
- 2 Onions, diced
- 2 Tbsp. Butter
- 1 (16 oz.) Package Frozen Meatballs, thawed and quartered
- 3 Cups Fresh Spinach Leaves
- 2 Cups Beef Broth
- Shredded Parmesan Cheese for sprinkling over soup.

Sauté garlic and onions in butter. Add to crock pot with meatballs, spinach leaves, and beef broth. Add water to fill crock pot 2/3 full of water. Cook on high for 4 hours. Serve hot sprinkled with Parmesan cheese.



# Beef Vegetable Soup

2 Quart Water

3 lb. Ground Beef, cooked and drained of excess grease

2 Large Onions

2 Green Peppers, chopped

8 Carrots, peeled and chopped

5 Stalks Celery, chopped (I love inner stalks the best for soup!)

10 Beef Bouillon Cubes

2 Large Cans V-8 Juice

1 Small Head Cabbage

2 Tbsp. Worcestershire Sauce

Salt, Pepper, and Minced Garlic to Taste

Add all ingredients together in a large soup pot. Bring to a boil and turn to low. Simmer 5-6 hours.



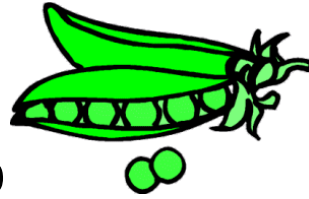
## French Lentil Soup with Sausage

- 3 Tbsp. Olive Oil
- 1 Medium Onion, finely chopped
- 2 Medium Carrots, finely chopped
- 1 Celery Rib, finely chopped
- 1 ¼ Cups Lentils (preferably French green)
- 6 Cups Water
- 1 ½ tsp. Salt
- ¼ tsp. Freshly Ground Black Pepper
- ½ Pound Kielbasa Sausage
- 1 Tbsp. Balsamic Vinegar, or to taste

Heat 2 tablespoons oil in a 4-quart heavy pot over moderately high heat until hot, but not smoking, so you can cook the onion, stirring occasionally, until golden brown. Add carrots and celery and cook, stirring, until softened, about 5 minutes. Add lentils, water, salt, and pepper and bring to a boil, then reduce heat to moderate and cook, covered, until lentils are tender, about 30 minutes.

While lentils are cooking, heat remaining tablespoon oil in a 10-inch nonstick skillet over high heat until hot but not smoking, then brown sausage on all sides, about 5 minutes. Cool sausage slightly on a cutting board, then cut into 1/2-inch-thick pieces. Add sausage to soup and stir in vinegar. Simmer for ten minutes and serve hot.

## Split Pea Soup



- 2 Cups Dry Split Peas
- 8 Cups Hot Water
- 1 Pound Ham Cubes, Divided
- ½ tsp. Garlic Powder
- 1 Onion, Chopped fine
- ½ tsp. Celery Salt
- ½ tsp. Salt
- ¼ tsp. Black Pepper

Sort and wash peas. Combine peas, water, half the ham, garlic, onion, celery salt, salt, and pepper. Bring to a boil. Reduce heat, cover, and simmer 1 hour. Blend with hand blender until smooth. Add remaining ham. Return lid to pot and simmer for 20 minutes. Serve hot.



## Potato Chowder

3 Strips of Bacon  
1 Small Onion, diced  
1 Cup Celery  
2 Cups Diced Potatoes  
½ Cup Diced Carrots  
2 Cups Boiling Water  
1 ¼ tsp. Salt  
¼ tsp. Salt  
¼ Ground Poultry Seasoning  
Pinch of Pepper to Taste  
¼ tsp. Paprika  
2 tsp. Parsley Flakes  
2 Tbsp. Flour  
2 Cups Milk

Fry Bacon until crisp, remove from pan, and pour off all but 2 tablespoons of fat. Add Onion and Celery—sauté until limp (not browned). Boil Potatoes, Celery, and Carrots with the Salt until vegetables are tender. Add Seasoning. Blend Flour with Milk. Add to mixture, stirring constantly. Crumble Bacon Bits over Chowder.

# Corn Chowder



- ½ Pound Ham, cubed
- 2 Large Onions, chopped
- 2 Ribs of Celery, chopped
- 3 Cup Potatoes, diced
- 4 Cups Chicken Stock or Chicken Broth
- 4 Cups Cream-Style Corn
- 4 Cups Milk
- ½ Cup Butter
- Salt & White Pepper to Taste

Saute onions over medium heat for 5 minutes, stirring often. Add ham, celery, potatoes, chicken stock, and 2 cups water; simmer until potatoes are done. Add corn and simmer 5 minutes, stirring occasionally. Heat the milk and butter; add to the soup. Add salt and pepper to taste. Serve hot.



## Onion Soup

2 Large Sweet Onions, thinly sliced

½ Cup Butter

1 ½ tsp. Salt

1 Quart Milk

½ tsp. Mace

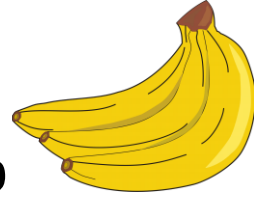
1 Egg Yolk, lightly beaten

4 Slices Toasted Bread

Chopped Parsley

Over medium heat, fry the onions in the butter until translucent, add salt and milk. Bring to a simmer. Stir in the mace. Let soup cook for 30 minutes on low heat. While the onions are dissolving in the milk, stir about a cup of the hot liquid into the beaten egg. Then slowly pour the mixture into the hot soup, stir gently, and let soup simmer 5 more minutes. Serve by placing a slice of toasted bread in the bottom of each of four bowls, pour the soup over, and garnish with the chopped parsley. This is yummy with Mozzarella cheese melted over the top.

# Banana Coconut Soup



12 Green Bananas or Plantains

2 Cups Chicken Stock

2 Cups Coconut Milk

1 Cup Coconut Cream

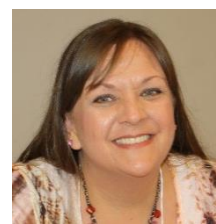
1 Small Onion

1 Hot Chili Pepper

Peel and grate the bananas; puree in blender. Mix with chicken stock and pass through a fine mesh sieve. Peel onion and chop finely. Seed pepper and chop finely. Sauté the onion and pepper until onion is translucent. Add all ingredients together and heat until hot, but do not allow to boil. Serve hot with croutons.



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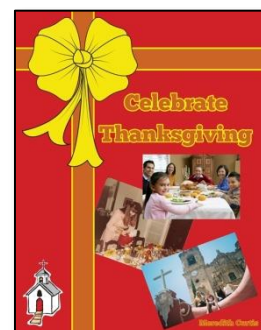
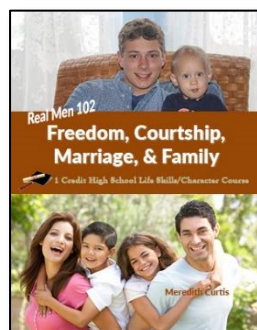
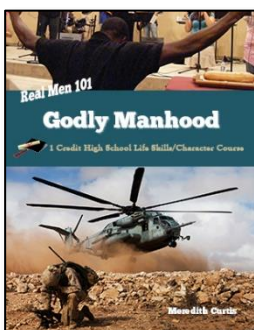
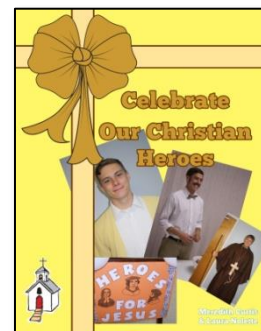
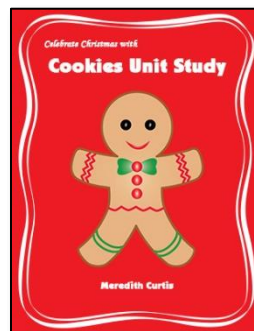
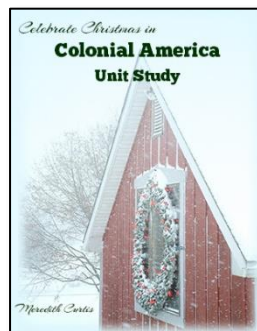
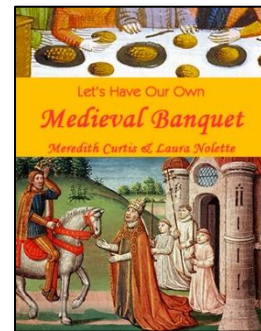
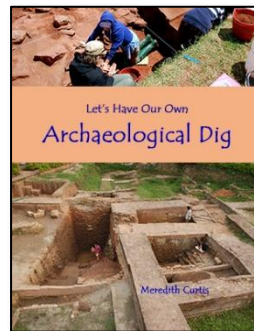
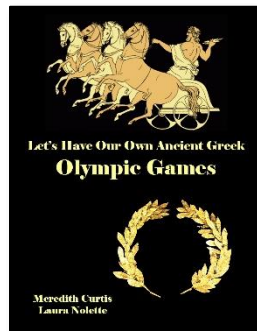
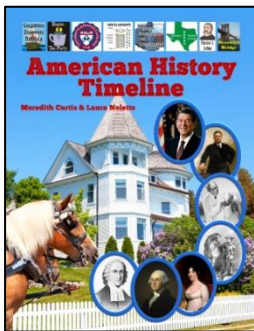
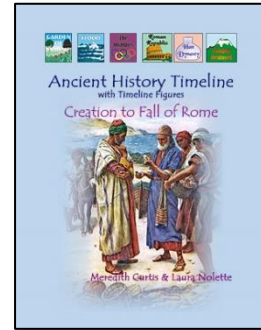
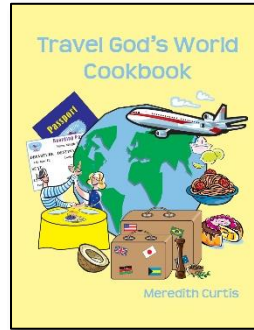
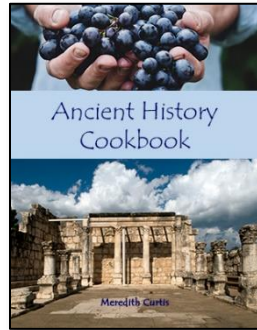
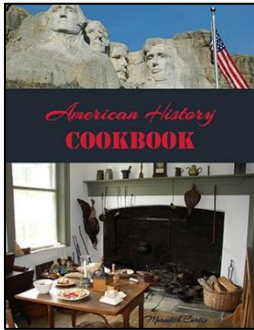
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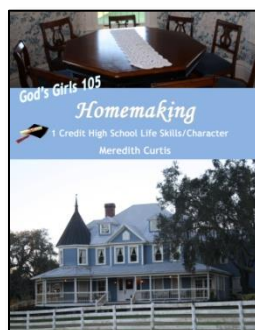
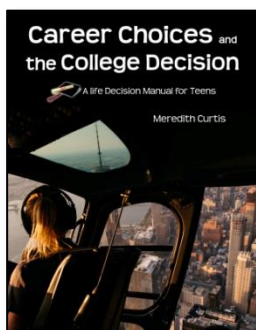
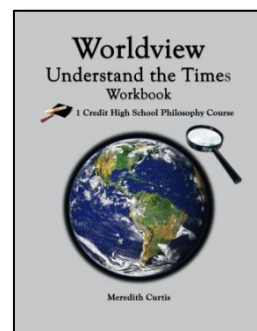
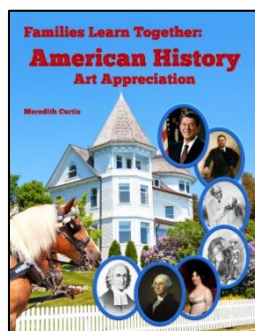
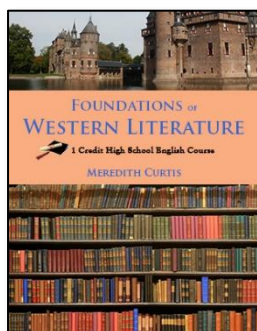
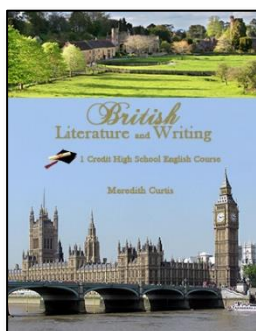
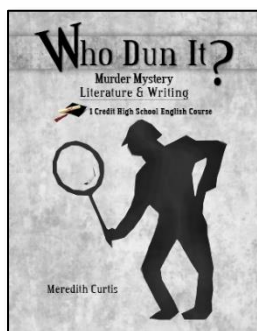
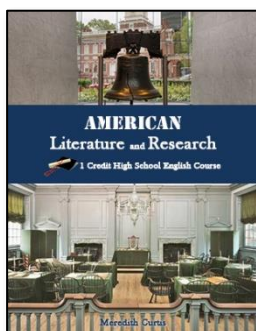
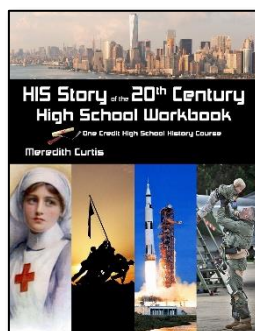
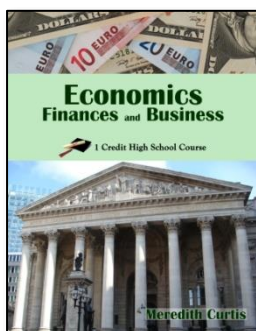
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## 21 HOT SOUPS FOR CHILLY EVENINGS

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