

Soup – Part 2

Four Bean Chowder

Easy Taco Soup

Spicy Tortilla Soup

FOUR BEAN CHOWDER

12" Dutch oven

Serves 12-15

50-60 minutes cooking time

15 briquettes, bottom heat only

Brown: 1 pound lean ground beef

Add and cook until tender:

1 large onion, chopped

1 cup celery with leaves, chopped

1/2 green pepper, chopped

Add and bring to boil:

1 28-oz. can whole tomatoes

1 8-oz. can tomato sauce

2 cups water

2 bay leaves

1 teaspoon seasoning salt

1/2 teaspoon chili powder

1/2 teaspoon thyme

1/4 teaspoon pepper

Tabasco* to taste

Stir in:

1 cup raw potatoes, diced

1 1/2 cups frozen green beans

1 can kidney beans, drained

1 can pinto beans, drained

1 can garbanzo beans, drained

1 11-oz. can corn

1 small zucchini squash, cubed

Simmer until potatoes are tender. Serve sprinkled with grated Parmesan cheese.

Easy Taco Soup

Active Time 20 minutes

Total Time: 30 minutes

Amount 8 servings

Ingredients:

- 1 pound lean ground beef
- 1 cup chopped yellow onion
- 1 (28 ounce) can **Essential Everyday™ Diced Tomatoes**, undrained
- 1 (15 25 ounce) can whole kernel corn, drained
- 1 (15 ounce) can tomato sauce
- 1 (15 ounce) can block beans, rinsed and drained cup small shells pasta
- 1 (4 ounce) con diced green chiles
- 1 (1.25 ounce) packet taco seasoning mix

Directions:

In a large saucepan or Dutch oven, cook and crumble beef and onions until no longer pink, drain.

Add remaining Ingredients to pan plus 3 cups hot water.

3 Bring to a boil, reduce heat and simmer until pasta is cooked (about 10 minutes)

Tip: Serve with shredded cheese, tortilla chips, green onions and sour cream. If desired

SPICY TORTILLA SOUP

8 boneless skinless chicken breasts
1 red bell pepper, seeded and halved
1 green bell pepper, seeded and halved
2 15-ounce cans whole tomatoes, drained and chopped
2 medium onions, finely chopped
3 cloves garlic, minced
3 10-ounce cans enchilada sauce
2 4-ounce cans chopped mild green chiles, drained
2 cups water
1 15-ounce can chicken broth
1 15-ounce can beef broth
2 teaspoons ground cumin
1 tablespoon chili powder
2 teaspoons ground black pepper
1 teaspoon ground cayenne pepper
2 teaspoons salt
1 bay leaf
2 cups shredded Colby-Monterey
Jack cheese blend
1 medium-size (about 14 ounces) bag tortilla chips
A cup grated Parmesan cheese
1 medium avocado, peeled and diced (optional)
1 16-ounce container sour cream (optional)

1. Grill chicken, preferably over an open fire, browning each piece on both sides. (Note: Meat does not require thorough heating during this step because it will finish cooking in the Dutch oven.)
2. Roast red and green bell pepper halves on the grill until lightly charred.
3. Cube the grilled chicken breasts into bite-size pieces and chop the grilled peppers, placing each, along with the tomatoes, onions, and garlic, in a Dutch oven with a capacity of at least six quarts.
4. Add enchilada sauce and green chilies.
5. Pour water, chicken broth, and beef broth into the Dutch oven. Stir and add cumin, chili powder, black pepper, cayenne pepper, salt, and bay leaf. Stir thoroughly.
6. Cover and cook for two hours using 20 charcoal briquettes under the oven and 10 briquettes on the lid. Refresh the coals as they expire.
7. Remove from heat, remove the bay leaf, and stir shredded cheese into soup.
8. Serve in bowls, topping with a handful of crushed tortilla chips and a sprinkling of Parmesan cheese.
9. If desired, garnish with diced avocado and dollop of sour cream.

Serves: 8 to 10