

# SOUPS FOR THE SOUL

## SMASHED POTATO SOUP

### Ingredients:

1/2 cup coarsely chopped carrot  
1/2 cup coarsely chopped celery  
1 pkg 14 oz refrigerated mashed potatoes  
1 14.5 oz can chicken broth  
1/2 cup milk  
1 garlic clove pressed  
1/4 tsp salt  
1/8 tsp pepper  
1/2 cup sour cream  
2 Tbsp fresh parsley

### METHOD

Place mashed potatoes in medium saucepan. Gradually add broth and milk, whisking until mixture is smooth. Stir in carrot, celery, garlic and salt and pepper. Bring to a boil; reduce heat and simmer, uncovered, 10 minutes. Remove from heat; stir in sour cream and parsley. Top with desired toppings. 4 servings; 5 cups. Optional toppings: sliced green onion, shredded cheddar cheese, cooked, crumbled bacon.

**Becki Hausser, Tripp**

## CREAMY CHICKEN GNOCCHI SOUP

### Ingredients:

6 Tbsp butter  
2 Tbsp olive oil  
2 cups onion  
1 cup diced celery  
4 garlic cloves (minced)  
1/2 cup all-purpose flour  
4 cups half and half  
1 (32 oz) container chicken broth (add more for a thinner soup)  
1 Tbsp thyme  
2 cups carrots  
2 cups spinach or kale  
3 cups diced, cooked chicken  
2 (16 oz) packages potato gnocchi  
Salt and pepper to taste

### METHOD

Add butter and olive oil to large pot over medium heat. Sauté onions, celery, and garlic until tender. Add flour to create a roux and stir for one minute. Slowly add the half and half and chicken broth. Stir until it thickens. Add the thyme, carrots, spinach, chicken and gnocchi. Cook for 5-10 minutes until gnocchi is cooked and soup thickened. If soup gets too thick just add more chicken broth. Salt and pepper to taste.

**Tracey Burkett, Olivet**

## CHICKEN NOODLE SOUP

### Ingredients:

1-1.5 lbs chicken thighs bone in or boneless (skinless)  
3 bay leaves  
5 peppercorns, whole  
1 small whole onion peeled, hairy end intact  
3 large garlic cloves  
12 cups chicken stock low sodium  
2 large carrots diced  
2 cups potatoes diced  
1 1/2 cups egg noodles or any short pasta  
1 1/2 tbsp salt  
1 tbsp olive oil  
3 tbsp fresh dill, parsley or green onion finely chopped

### METHOD

In a large Dutch oven or pot, add chicken thighs, bay leaves, peppercorns, onion, 2 garlic cloves and stock. On high heat, bring soup to a boil covered then move lid to the side a bit to keep soup clear. Cook for 20 minutes, removing foam as it rises to the top with a mesh strainer. Dice potatoes and carrots. Chop dill and grate garlic. Add potatoes and carrots, stir and reduce heat to medium. Cook with half lid open for 5 minutes. Add pasta, stir and cook for another 5 minutes. Discard onion, bay leaves and peppercorns with mesh strainer. Add salt, olive oil, grated garlic clove, dill and ground black pepper to taste. You can also shred chicken right in the pot. Let sit covered for 5 minutes.

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