



Client Appreciation 2023 Recipes



Chicken Wild Rice Soup

- 2 cup cooked wild rice
- Cooked cup-up chicken breast (or ham)
- 2 T. butter
- 1 T. minced onion
- ¼ cup flour
- 4 cup chicken broth
- ½ tsp. salt
- 1 cup half-and half
- ½ c. grated carrots

Sauté onion in butter. Set aside. Cook melted butter and flour using a whisk over medium heat for 3-5 minutes. Stir constantly and add the half & half. Add the chicken stock. Simmer for 20 minutes. Add the broccoli, carrots and onions. Cook over low heat 20-25 minutes. Add salt and pepper. Can be puréed in a blender but I don't. Return to heat and add cheese. Stir in nutmeg. Yields 4-6 Servings.

Roasted Butternut Squash Soup

Source: oursaltykitchen.com

- 1 medium (3-lb) butternut squash, peeled, seeded, and diced into 1.5" pieces (about 6 cups)
- 1 medium Vidalia (sweet) onion, sliced to ½"
- 2 stalks celery, sliced into 1" pieces
- 3 cloves garlic, peeled and smashed
- 3 tbsp olive oil
- 1 tsp kosher salt
- ½ tsp ground pepper
- pinch nutmeg
- 1 sprig fresh thyme, plus more for garnish
- 1 sprig fresh sage, plus more for garnish
- 1 bay leaf
- ¼ cup heavy cream
- 3-4 cups broth, chicken or vegetable

Option Topping: pomegranate seeds

Heat the oven to 400°F. Place the squash, onion, celery, and garlic cloves in a casserole dish. Drizzle with the olive oil, then season with the salt, pepper, and nutmeg. Toss until the vegetables are evenly coated with the oil and spices. Nestle the thyme, sage, and bay leaf into the squash and onions. Transfer to the oven and roast for 60 minutes, stirring every 15 minutes, until the vegetables are soft and start to caramelize around the edges. Discard the bay leaf. Pick up the thyme and sage stems and shake to remove any loose leaves. Carefully transfer the contents of the casserole dish to a blender using a slotted spoon; pour any residual pan juices into the blender. Add the heavy cream and 2.5 cups of broth to start. Blend on high for 60 seconds, then scrape down the sides and blend 30 seconds longer. Taste for seasoning and adjust the salt and pepper to taste. If the soup is too thick, add more broth one-quarter cup at a time, blending for 30 seconds after each addition, until the consistency is to your liking. Serve right away, garnished with pomegranate seeds and fresh herbs (sage or thyme) to taste. Yields 4 servings

Sweet Potato Enchilada Soup

Source: Gimmesomeoven.com

- 1 tablespoon avocado oil (*or olive oil*)
- 1 small white onion, peeled and diced
- 3 cloves garlic, minced
- 3 cups chicken stock
- 1 ¼ cups (10 ounces) enchilada sauce
- 1 (15-ounce) can pinto or black beans, rinsed and drained
- 1 (15-ounce) can fire-roasted diced tomatoes, with their juices
- 1 (4-ounce) can diced green chiles
- 1 ½ pounds (about 2 medium) sweet potatoes, peeled and diced into ½-inch cubes
- 1 teaspoon ground cumin
- 8 ounces sharp cheddar cheese, freshly grated.
- Fine sea salt and freshly cracked black pepper, to taste

Option Toppings: diced avocado, crumbled tortilla chips or strips, chopped fresh cilantro, extra shredded cheese, sour cream, and/or whatever else sounds good

Sauté the veggies. Heat oil in a large stockpot over medium-high heat. Add onion and sauté for 5 minutes, stirring occasionally, until softened. Add garlic and sauté for 1-2 minutes, stirring occasionally, until fragrant. Add the base soup ingredients. Add the chicken stock, enchilada sauce, beans, diced tomatoes, green chiles, sweet potatoes, cumin, and stir to combine. Continue cooking until the soup reaches a simmer. Then reduce the heat to medium-low to maintain the simmer, cover, and simmer for 10-15 minutes, or until the sweet potatoes are tender. Add the cheese. Stir in the cheese until it has completely melted. Taste and season the soup with extra salt and pepper, if needed. Serve. Serve warm, loaded up with all your favorite toppings, and enjoy! Yields 6-8 servings.

Crock Pot Cheeseburger Soup

- 4 small potatoes, peeled and diced
- 1 small white or yellow onion, chopped
- 1 cup shredded carrots
- ½ cup diced celery
- 1 tsp. dried basil
- 1 tsp. dried parsley
- 3 cups chicken broth
- 1 lb. lean ground beef
- 3 T. butter
- ¼ cup all-purpose flour
- 2 cups milk (I use 2%)
- ½ tsp. salt
- ½ tsp. black pepper
- 2 cups shredded sharp cheddar cheese

Place potatoes, onions, carrots, celery, basil and parsley in a large crock pot. Pour chicken broth over vegetables. Cover and cook on low heat 6 to 8 hours or high heat 4 to 5 hours or until potatoes are tender. About 45 minutes before serving, cook and crumble ground beef. Drain any grease and add burger to crock pot. Wipe skillet used for burger and melt butter. When melted, whisk in flour and cook until golden brown and bubbly (about 1 minute). Whisk in milk, salt and pepper. Pour mixture into crock pot and stir to combine. Add cheese to crock pot, stir again and cover to cook another 30 minutes or until cheese is melted. Yields 6-8 Servings.

Creamy Lemon Chicken Orzo Soup

Source: barleyandsage.com

- 1 T. olive oil
- 1 large onion diced
- 3 stalks celery diced
- 3 large carrots diced
- 2 cloves garlic minced
- 1 tsp. kosher salt to taste
- ½ tsp. black pepper
- 2 tsp. fresh thyme
- 6 cups vegetable or chicken stock
- 2 bay leaves
- 2 large cooked chicken breasts shredded
- 1 cup orzo
- 1 cup whole milk or cream
- 2 cups fresh spinach (optional)
- 2 T. lemon juice
- 1 T. lemon zest
- Fresh parsley optional

Finely chop onion, celery and carrots and mince garlic. Add prepared veggies and olive oil to a large stock pot over medium high heat and lightly sauté for 5-7 minutes or until tender. Add thyme, garlic, salt and pepper and let cook another minute. Add vegetable stock and bay leaves and bring to a boil. Add chicken and orzo and simmer until orzo is fully cooked and tender, 10-15 minutes, stirring frequently so orzo doesn't stick to bottom of pot. Add milk and fresh spinach and simmer another 5 minutes until spinach is wilted. Stir in lemon juice and lemon zest, then adjust seasonings to taste. Top soup with fresh parsley and serve immediately. Yields 6-8 Servings.