

Soup Luncheon Recipes



Oones Seafood Gumbo

Nancy Endres

Ingredients

- 1 Pkg *Polish Kielbasa or Smoked Sausage cut into bite size pieces*
- 2 Jars *Salsa (med or hot)*
- 1 Lg Can *Refried Black Beans*
- 1 Sm Can *Refried Black Beans*
- ½ *Onion, diced*
- 1 tsp *Minced Garlic*
- ¼ tsp *Ground Cumin*
- ½ tsp *Red pepper flakes*
- 2 Cups *Chicken Broth*
- 1 Tbsp *Lime Juice*
- 1 Lb *Mussels, cooked with shells*
- 1 Lb *Shrimp, cooked and cut into bite sized pieces*

Directions

- 1 Saute onion, garlic, cumin, and red pepper in a small amount of olive oil until garlic and onions are tender.
- 2 Add sausage, stir to brown slightly..
- 3 Add refried beans, black beans, salsa and chicken broth. (I add a little broth when putting in the refried beans to help incorporate the beans.)
- 4 Add lime juice.
- 5 Add seafood last.
- 6 Simmer for 30 minutes to an hour.



Corn Chowder

Paula Schultz

Ingredients

- 1 Cup *Diced Potatoes*
- ½ Cup *Celery, diced*
- ½ Cup *Carrots, diced*
- ¼ Cup *Onion, diced*
- 1 tsp *Parsley Flakes*
- 2 Cups *Chicken Broth*
- ½ tsp *Salt*
- dash *Pepper*
- 2 Cans *Cream Corn*
- 2 Tbsp *Flour or Cornstarch*
- 1 Can *No-fat Evaporated Milk*

Directions

- 1 *Sauté first 4 ingredients, add chicken broth, parsley flakes, salt & pepper.*
- 2 *Simmer until vegetables are tender.*
- 3 *Add cream corn, bring to a simmer.*
- 4 *Stir flour into 1 C milk, add to vegetables.*
- 5 *Add remaining milk or add more to desired thickness.*
- 6 *Heat slowly until ready to serve.*

