

Menu

Italian Vegetable Soup

Chicken and Corn Chowder

Italian Vegetable Soup

¼ pound bacon, chopped
¼ cup olive oil
1 onion, sliced
1 large carrot, diced
1 rib of celery, diced
3 garlic cloves, crushed
2 zucchini, diced
¼ pound green beans, trimmed and cut pieces
½ pound potatoes, peeled and diced
4 cups shredded green cabbage
½ can small white beans
1 28-ounce can diced tomatoes
4 cups low-salt chicken broth
2 teaspoons chopped fresh thyme
Salt and pepper

1. Add the oil to a heavy soup pot and bring to medium-low heat.
2. Cook the bacon until crispy.
3. Add the onion and cook until nicely softened.
4. Add the carrots and celery; cook 4 to 5 minutes. Stir in the garlic and cook 1 minute more.
5. Add the zucchini, green beans and potatoes; cook, stirring, for 4 minutes.
6. Add the cabbage; cook, stirring, until the cabbage is wilted.
7. Add the white beans, tomatoes and the broth and simmer the soup, covered, until the green beans are tender.
8. Season with fresh thyme, salt and pepper.

Chicken Corn Chowder

2 ounces bacon, diced
2 tablespoons unsalted butter
¼ cup flour
1 onion, diced
1 stalk celery, finely diced
1 red pepper, diced
4 cups chicken stock, or more if needed
1 large potato, peeled and diced
½ small bag frozen corn
½ cup heavy cream
1 chicken breast, cooked and shredded
1 bunch scallions, green part only, thinly sliced
Salt and pepper

1. Add butter and bacon to heavy soup pot. Cook over medium-low heat until bacon is crisp.
2. Remove bacon from the pan with a spoon. Set aside.
3. Add the onions, celery and red pepper. Cook vegetables over medium heat until nicely tender and just beginning to brown.
4. Stir in the flour. Cook until flour is pale golden.
5. Add the chicken stock, potatoes and corn; bring to a simmer. Cook until potatoes are tender.
6. Add the heavy cream and bring to a gentle simmer. Cook until flavors combine.
7. Stir in the chicken, scallions and reserved bacon.
8. Season soup with with salt and pepper.

Note: You can puree the soup after step 5. Follow steps 6 through 8 after pureeing.