



Homemade Soups Recipe Collection



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Irish Soda Bread

Soda bread makes for a quick and satisfying bread. It will pair perfectly with soups and stews in this recipe booklet. The secret is in the buttermilk. Buttermilk contains an acid, which reacts with the baking soda to create air bubbles, making the bread rise. If you don't have buttermilk you can substitute it by adding 1 tablespoon of white vinegar or lemon juice for every 1 cup of milk.

Ingredients	For 1 loaf (~12 slices)
Whole wheat flour	2 cups
All purpose flour	2 cups
Baking soda	1 tsp
Salt	1 tsp
Buttermilk	2 ¼ cup
	*Buttermilk substitute: 2 ¼ cups of milk mixed with 2 ¼ tbsp of vinegar <u>or</u> lemon juice. Allow to sit for about 1 minute before using

1. Preheat the oven to 450 F. Coat baking sheet with cooking spray and sprinkle with a little flour.
2. In a large bowl whisk together whole wheat flour, all purpose flour, baking soda, and salt. Make a hole in the centre and pour in the buttermilk. Using one hand, stir in full circles (starting in the centre of the bowl and working towards the outside) until all of the flour is incorporated. The dough should be soft but not too wet and sticky. Do not over mix.
3. Turn onto a well floured surface. Pat and roll the dough gently with floured hands to tidy it up and give it a round shape. Flip the dough ball over and flatten to about 2 inches.
4. Transfer to the prepared baking sheet. Mark with a deep X using a serrated knife and prick each of the four sections.
5. Bake the bread for 20 minutes at 450F. After 20 minutes, reduce the oven temperature to 400F and continue to bake until the loaf is golden brown on the top, and sounds hallow when tapped, 30 - 35 minutes more. Transfer the loaf to a wire rack and allow to cool.
6. Cut into 12 slices and serve warm.



Homemade Chicken Stock

Ingredients	For 6-8 cups	For 12 – 16 cups
Chicken Bones	Bones from 1 chicken	Bones from 2 chickens
Vegetable oil	1 tbsp	2 tbsp
Carrots, chopped	1	2
Onions, chopped	1	2
Celery, chopped	2 stalks	4 stalks
Water	To cover bones	To cover bones
Apple cider vinegar	2 tbsp	½ cup
Dried herbs (parsley and bay leaf)	1 bay leaf and 1 tbsp dried herb	2 bay leaves and 2 tbsp dried herb

1. Turn on stove to medium heat. Heat oil in a large pot. Add onions, carrots, and celery. Cook until vegetable get soft.
2. Add chicken bones. Fill the pot with enough cold water to cover the bones by about 2-3 inches. Add bay leaf and dried herbs.
3. Heat stock on medium heat and bring to a gentle boil. Reduce heat to low and continue to simmer for 1 hour. Use a soup ladle to scoop out any scum that has risen to the top.
4. Put a strainer or a colander over an empty large pot or large bowl. When the stock has cooled, spoon the liquid into the strainer. Throw away any bones, herbs or vegetables.
5. Cover the stock and put in the refrigerator overnight. The fat in the stock will form a hard layer on the top. Use a spoon to scoop off the fat and throw it away.
6. Keep stock in the refrigerator for up to 3 days or freeze in smaller containers for up to 4 months.

This homemade stock can be used in any soup recipe! To make a **Beef Stock**, follow the same steps, but use beef bones instead of chicken bones. For a **Vegetable Stock** follow the same steps, but double your vegetables and do not use chicken bones.



Dry Soup Mix – Thai Chickpea

Ingredients	For 1 Jar
Dried chickpeas	2 ½ cups
Dried red lentils	1 cup
Dried onion flakes	1/3 cup
Dried parsley	¼ cup
Mild curry powder	1 tbs
Garam masala	1 tbsp
Garlic powder	1 ½ tsp

1. Add the chickpeas and lentil to the jar.
2. Measure and add the dried onion, parsley, curry powder, garam masala, and garlic powder.
3. Apply lid and attach cooking instructions

To make soup:

1. In a large pot, combine dry soup mix and two 900mL tetra packs of low sodium chicken or vegetable broth, 1 L (4 cups) of water, bring to a boil. Reduce heat to medium-low, cover and simmer. Stir occasionally until chickpeas are just tender, about 2 hours. (The lentils will soften and break apart to thicken the soup.)
2. Uncover, stir in 1 can of coconut milk, and simmer vigorously over medium heat until chickpeas are tender and soup is thickened, about 30 minutes more.
3. Season with salt to taste, and serve.



Rosemary Croutons

Croutons are a great way to use up your left over, stale bread. This recipe seasons the croutons with rosemary, but you can use any herb you like best!

Ingredients	
Stale bread, cut in cubes	2 cups
Canola oil	2 tbsp
Garlic minced	1 clove
Dried rosemary	1 tsp

1. Preheat oven to 375 F.
2. Toss bread cubes, oil, garlic, and rosemary in a large bowl until well combined.
3. Spread in a single layer on a large baking sheet.
4. Bake until golden and crisp, about 12 – 15 minutes.

Beef and Barley Soup

Ingredients	For 8	For 12
Vegetable oil	1 tbsp	1 ½ tbsp
Onion, chopped	1 large	2 small
Garlic, minced	2 cloves	3 cloves
Mushrooms, sliced	1 pkg, (~ 20 mushrooms, or about 4 cups)	6 cups chopped
Canned diced tomatoes, drained	1 (796 mL) can	2 (796 mL) cans
Pearl barley	½ cup	¾ cups
Dried oregano	2 tsp	3 tsp
Bay leaf	2 leaves	3 leaves
Beef broth, (homemade or no salt-added)	4 cups	6 cups
Beef, cubed	300 g	500 g
Salt and Pepper	To taste	

1. Heat a large pot over medium high heat. Add oil, and then add onions and garlic. Cook until onions start to soften, about 2 minutes.
2. Add mushrooms, canned tomatoes, barley, oregano, and bay leaf. Bring to a boil, then reduce heat to medium low. Simmer, partially covered until barley is tender, about 25-35 minutes. Add pepper and salt to taste.
3. Remove from heat and throw away bay leaves before serving.



Carrot and Ginger Soup

Ingredients	For 8	For 12
Vegetable oil	1 tbsp	1 ½ tbsp
Onion, finely chopped	2 small	3 small onions
Garlic, minced	4 cloves	6 cloves
Apple (any variety) peeled and chopped	2	3
Carrot, peeled and thinly slices	8 cups (~2 lbs)	12 cups (~4 lbs)
Fresh ginger, minced	1 tbsp	1 ½ tbsp
Chicken or vegetable stock	6 cups	8 cups
Water	to thin soup	to thin soup
Nutmeg	½ tsp	1 tsp
Salt and Pepper	To taste	

1. In a large pot, heat oil over medium heat. Add onion. Cook stirring occasionally until the onion is soft, about 5 minutes. Add the minced garlic and ginger and cook for another couple minutes on low. Add chopped apple and carrots and cook for a few minutes more.
2. Add broth, stir, and bring to a boil. Reduce heat to a simmer (low-medium) for 20 minutes uncovered, or until carrots are tender.
3. Carefully transfer half of the soup into a blender (or use an immersion blender directly in the soup pot). Add a pinch of nutmeg and blend until smooth, making sure to allow for steam to escape through the lid. Remove soup and blend the other half. Caution as the soup is hot.
4. Place soup back in the pot and season with salt and pepper to your liking. You can thin soup out with more water if needed.
5. Reheat and serve.



Chicken and Corn Chowder

Ingredients	Serves 8	Serves 12
Margarine (non hydrogenated)	1 tbsp	1 ½ tbsp
Diced onion	1 cup	1 ½ cups
Diced red bell pepper	1 cup	1 ½ cups
Reduced sodium chicken stock	4 cups	6 cups
Cooked chicken, cubed	1 cup	1 ½ cups
Peeled and diced sweet potato	1 cup	1 ½ cups
Frozen corn kernels, thawed	1 cup	1 ½ cups
Evaporated milk	1 can (385 ml)	1 ½ can
Dried parsley	1 tbsp	1 ½ tbsp
Salt & pepper	To taste	

1. In a large saucepan, melt margarine over medium heat. Sauté onion, and red pepper until softened, about 5 minutes.
2. Add broth, chicken, sweet potato and corn. Bring to a boil. Reduce heat, cover, and simmer for 25 minutes or until potatoes are cooked through.
3. Add evaporated milk and parsley. Heat over low heat (do not boil or milk will curdle).



Chicken or Turkey Soup

Ingredients	Serves 8	Serves 12
Chicken or turkey stock (homemade or pre-prepared)	~ 6 cups	~ 8 cups
Vegetable oil	1 tbsp	1 ½ tbsp
Chicken or turkey, shredded/cubed	1 cup	1 ½ cups
Carrots, peeled and chopped	3	4
Celery, chopped	3	4
Onion, chopped	1 onion	2 onions
Garlic	2 cloves	3 cloves
Rice	1 cup	1 ½ cups
Bay leaf	2	3
Thyme (dried)	1 tbsp	1 ½ tbsp
Salt and Pepper	To taste	

1. Homemade stock is the key to a great turkey or chicken soup. To make your own, see the recipe provided on page 3.
2. Heat oil in large, heavy bottomed pot. Add onions, cook until softened, about 3-5 minutes. Add garlic and cook for an additional couple of minutes.
3. Add chopped carrots and celery. Cook for 5-7 minutes until soft. Add thyme and combine. Add broth and bay leaf to the pot and bring to a boil. Reduce heat and simmer for 10 minutes.
4. Add rice and cooked chicken. Return to boil. Reduce and simmer until rice is cooked and tender.
5. Season with salt and pepper to taste. Add water if thinning is required.



Hearty Stew

Ingredients	Serves 8	Serves 12
All purpose flour	½ cup	¾ cup
Salt (optional)	1 tsp	1 ½ tsp
Pepper	1 tsp	1 ½ tsp
Vegetable oil (divided)	3 tbsp	4 tbsp
Meat (caribou, moose, or stewing beef) cut into 1 inch cubes	2 pounds	3 pounds
Onions, chopped	2 medium	3 medium
Cloves garlic, chopped	4 cloves	6 cloves
Bay leaf	2 leaves	3 leaves
Thyme (dried)	2 tsp	3 tsp
Canned whole tomatoes (reduced salt)	1 (28 oz) can	2 (28 oz) cans
Low sodium beef stock	6 cups	8 cups
Carrots, chopped	4	6
Celery, chopped	2	3
Potatoes, cubed	3	5
Turnip	1	2

1. Combine flour, salt, and pepper in a heavy plastic bag. In batches, add beef to flour mixture and toss to coat. Transfer to plate.
2. In a large pot, heat half of the oil over medium-high heat. Cook beef in batches, adding more oil as needed until meat is browned. Transfer to plate. Save remaining flour.
3. Reduce heat to medium-low. Add remaining oil, onions, thyme and garlic. Cook, stirring, for 4 minutes or until onions have softened.
4. Mix remaining flour into softened onions. Add 1 cup of stock cook, stirring, to scrape up brown bits on the bottom of the pan. Return beef and any accumulated juices to pan and pour in remaining stock and canned tomatoes. Add bay leaf.
5. Bring to a boil, stirring, until slightly thickened. Reduce heat, cover and simmer over medium low heat, stirring occasionally for 30 minutes.
6. Meanwhile peel and chop vegetables (carrots, celery, potato, and turnip) and add to the pot. Cover and let simmer an additional 30 minutes or until vegetables are tender.
7. Remove bay leaf, and adjust seasonings according to taste.



Split Pea and Ham Soup

Ingredients	For 8	For 12
Ham bone	1	2
Ham, chopped	2 cups	3 cups
Vegetable oil	1 tbsp	2 tbsp
Dried, split green peas	2 cups	3 cups
Water	7 cups	10 cups
Onion, chopped	1 onion	2 small onions
Carrots, chopped	3 carrots	5 carrots
Celery, chopped	3 stalks	5 stalks
Bay leaves	2 leaves	3 leaves
Garlic powder	½ tsp	¾ tsp
Dried thyme	1 tsp	2 tsp
Ground Cloves	¼ tsp	2/3 tsp
Salt and Pepper	To taste	

1. In a large pot, heat oil over medium heat. Add onion, carrots, celery, and thyme. Cook until the vegetable begin to soften.
2. Rinse split peas and pick out any “bad” looking peas.
3. Add broth, split peas, ham bone, and water. Bring to a boil, reduce heat to medium low, and partially cover. Simmer until peas are soft, 45 minutes – 1 hour.
4. Once split peas are soft, remove the ham bone from the soup and throw away. Add ham cubes and simmer until heated through. Add salt and pepper to taste.



Taco Soup

Ingredients	For 8	For 12
Lean ground beef, or ground chicken*	1 lb.	1 ½ lbs
White onion, diced	1	2 small
Bell pepper, diced	1 cup	1 ½ cups
Canned diced tomatoes	14.5 oz	1 can
Canned crushed tomatoes	1 (28 oz) can	2 (28 oz) cans
Salsa	½ cup salsa	1 cup salsa
Canned black beans (rinsed)	1 can	2 cans
Canned kidney beans (rinsed)	1 can	2 cans
Frozen corn kernels	1 cup	1 ½ cups
Diced green chilies**	1 (4 oz) can	2 (4 oz) cans
Taco seasoning	2 tbsp	3 tbsp

1. Brown meat in a large pot over medium heat.
2. Once cooked Add taco seasoning to browned meat and stir to combine. Add in the onions, bell peppers and sauté for a few minutes.
3. Add in the remaining ingredients and stir until combined. Let simmer for about 20 minutes, stirring occasionally. You can add a little water if it starts getting too thick. You could also put this soup in a crock pot and let cook on low for several hours.
4. Serve the soup with your choice of taco toppings, which could include shredded cheese, sour cream, plain yogurt, chopped fresh cilantro, or sliced avocado.

*For a vegetarian option, omit the meat. Sauté finely diced tofu, or add an extra can of beans of your choice.

**Diced green chilies can usually be found with Mexican food at your local grocery store.



Tried and True Minestrone

Ingredients	Serves 8	Serves 12
Macaroni Pasta	1 cup	1 ½ cups
Olive Oil	2 tbsp	3 tbsp
Reduced sodium chicken or vegetable stock	6 cups	8 cups
Garlic cloves, chopped	4 cloves	6 cloves
Large onion, chopped	1 cup	1 ½ cups
Celery, chopped	4 stalks	6 stalks
Carrot, chopped	2 large	3 large
Thyme, dried	1 tsp	1 ½ tsp
Diced tomatoes	1 can	2 cans
White or red kidney beans (low sodium) drained and rinsed	1 can	2 cans
Zucchini, chopped	2	3
Pepper	1 tsp	1 ½ tsp
Salt	To taste	

1. Cook pasta according to directions on package. Cook until al dente, drain and toss with olive oil. Set aside.
2. In a large pot on medium-high, add oil. Once heated add onion and garlic and sauté until translucent.
3. Lower heat to medium adding carrots and celery. Cook until soft, stirring often, about 10 minutes. Add herbs and raise heat to high. Add beans, chickpeas, tomatoes and zucchini.
4. Add chicken stock and bring to a boil.
5. Lower heat and simmer for 15-20 minutes.
6. Season with pepper and sprinkle with salt to taste.
7. Add cooked pasta and enjoy!



Tomato and Herb Soup

Ingredients	For 8	For 12
Vegetable Oil	¼ cup	½ cup
Garlic, minced	2 cloves	3 cloves
Dried oregano	½ tsp	¾ tsp
Dried basil	½ tsp	¾ tsp
Dried thyme	½ tsp	¾ tsp
Dried rosemary	¼ tsp	½ tsp
Red pepper flakes	Pinch	Pinch
Black pepper	¼ tsp	½ tsp
Tomato Paste	1 can	2 cans
Brown Sugar	1 tbsp	1 ½ tbsp
Canned crushed tomatoes (low sodium)	1 (28 oz) can	2 (28 oz) cans
Vegetable broth	3 cups	5 cups

1. Heat oil in large pot on medium- low heat. Mince garlic and add to the pot, along with oregano, basil, thyme, rosemary, red pepper flakes and black pepper. Sauté for 2 minutes or until the garlic has softened.
2. Add in the tomato paste and brown sugar. Stir until everything is mixed. Cook the mixture while stirring continuously for 3-5 minutes or until the mixture takes on a darker red colour.
3. Add the crushed tomatoes and vegetable broth. Whisk the mixture together until smooth. Turn up the heat to medium-high and heat through, stirring occasional.
4. Serve hot. Toppings could include shredded cheddar cheese, croutons, or sprinkled dried basil.



References

Adapted from:

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