

The Tiny Book of:

*Favorite
Soup Recipes*

From the Kitchens of Carol and Jenny

*Beef and Barley Soup
Carol's Chili
Lentil Soup with Sausage
Potato Cheddar Soup
Summer Vegetable Soup
Taco Soup*



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*The Tiny Book of
Favorite Soup Recipes*

by

Jenny Cazzola and Carol J. Alexander

Six recipes for heart-warming soups from the hosts of

“Kettle Klatches:

An Audio Series on the Art of Soupmaking”

Favorite Soup Recipes

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I, Carol, once published an essay entitled “Quilting is a State of Mind.” In that essay, I reveal that I am a quilter at heart. Even though I’ve never produced a quilt made of fabric with which to cover a bed or sofa, I have created beautiful masterpieces from scraps.

One such masterpiece was our hearth made of old, broken roofing slates and fragmented pieces of stained glass. Each piece of slate and glass were, by themselves, worthless. Put together in a pattern, they didn’t just protect our floor from sparks, they stopped people in their tracks and started conversations.

Another way that I like to create something irresistible from seemingly resistible objects is by making soup. In my essay I wrote:

Even making a pot of soup uses the mindset of a quilter. When I make soup, I don’t haphazardly throw a bunch of vegetables into a pot and hope for the best. I carefully choose each ingredient. Texture and color matter. Taste and smell matter. Everything matters. My soup is art.

I know the same is true for my friend and co-author of this Tiny Book of Favorite Soup Recipes, Jenny Cazzola. That is why I asked her to record “Kettle Klatches” with me; and that is what led to this handout.

We want you to enjoy making soup. We want soup making to bring out the creative in you. We want you to piece together seemingly disconnected items and call the result delicious, irresistible, fabulous, or even sumptuous. We want your family to ask you when they can have soup for supper again. We would be overjoyed to hear that you now have “Soup Night” on a regular basis.

The recipes in this Tiny Book were specially selected to inspire you in your own soup-making journey. Enjoy.



About Jenny:

Tired of the stress of city life and motivated by a desire to be more self-sufficient, **Jenny Cazzola** and her husband decided to trade life in the busy suburbs for life on a quiet country homestead. In the fall of 2012, they moved to an acreage in rural Northeastern Oklahoma where they are learning to live off the land. On her blog *Black Fox Homestead*, Jenny writes about their transition from city to country life, offers tips on natural gardening, chickens, recipes from her kitchen, and ideas for frugal, simple living.



Soups found in Jenny's recipe box include:

Beef and Barley Soup

This soup is very similar to a beef burgundy but without the bacon (which you can certainly add) and with the addition of barley. I have found that I had better results by precooking the barley as well as the mushrooms and adding them just at the end right before serving. It gives the barley a chewier texture.

Don't be alarmed by the amount of wine. It is added at the beginning so the alcohol will cook off by the time it is served leaving an absolutely wonderful flavor. This is a perfect soup served on a chilly evening with a green salad and a loaf of French bread.

1-2 T of bacon fat, ghee, lard, or other fat suitable for frying

1# of beef stew meat

1 yellow onion, finely chopped

2 cloves of garlic, peeled and minced

5 medium carrots peeled, and coarsely chopped

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2 quarts of beef stock
1 bottle of red wine 1 28 oz can of diced tomatoes
8 oz of mushrooms cleaned and cut in half
1 t of dried thyme
1/2 t of rosemary
1 bay leaf
Salt and pepper to taste
1 cup of cooked barley



In a large stockpot over medium low heat, melt fat.
Add stew meat and brown evenly. Remove and set aside.
Add mushrooms and cook over low heat. Remove and set aside
Add onion and garlic and cook until soft and translucent; adding more fat if necessary.
Add small amount of the red wine, stirring to loosen browned bits.
Add carrots, stock, remaining wine, diced tomatoes, rosemary, thyme, bay leaf, and the beef. Simmer for four to six hours or until meat is tender.
Just before serving stir in the mushrooms and barley.
Serves 10.



Lentil Soup with Sausage

This soup was one that I made frequently when we first married. I would make up a large amount so that we would enjoy the leftovers that tasted better the longer they sat. It was one of the first soups that inspired my "regular soup night" idea. The original recipe called for a pasta in any small shape. I have deleted it but if you want to shake things up a bit it could certainly be added if you'd like.

1-2 T of bacon fat, ghee, lard, or other fat suitable for frying
1 pound of sweet Italian Sausage, removed from casings
1 large yellow onion, chopped
1 stalk of celery, finely chopped
2 carrots, finely chopped
2 cloves of garlic, peeled and minced
2 cups of dried lentils, sorted and rinsed
2 quarts of chicken stock
2 cups of water
1/2 cup of Vermouth, or other white wine
1 28 oz can of diced tomatoes
1/2 t of oregano 1 t of dried thyme
1/4 t of dried basil
Salt and pepper to taste



In a large stockpot over medium-low heat, melt the fat.
Add the sausage and brown evenly. Remove and set aside.
Add the onion, celery, carrot, and garlic, and sauté until tender and translucent.
Sprinkle oregano, thyme, and basil over the onion mixture, add the vermouth and cook, scraping up the browned bits from the pan.
Simmer until liquid has almost evaporated.
Add the stock, water, diced tomatoes, sausage, and lentils. Bring to a boil, then reduce to a simmer.
Allow to cook until the lentils are tender: 2 - 3 hours.
Adjust seasoning to taste.
To serve: ladle into bowls and float a crouton made of toasted French bread and melted provolone cheese.
Grate with additional parmesan cheese if desired.
Serves 10.



Summer Vegetable Soup

This was an impromptu soup I came up with one evening after harvesting the carrots, beans, potatoes, zucchini, and tomatoes from my garden. The sausage and the bacon make it extra meaty. If that is too much for your liking, you can eliminate one or the other. Summer vegetables tend to be watery. I recommend making this early in the day and allowing it to cook down in order to reduce the liquid and intensify the flavor.

4 oz of bacon

1 pound of smoked Kielbasa style sausage, cut into 1/2" slices

1 large yellow onion, chopped

1 stalk of celery, finely chopped

2 carrots, finely chopped

2 cloves of garlic, peeled and minced

2 medium sized Yukon gold potatoes, peeled and cut into chunks

1# of zucchini halved, and cut into 1/2" chunks

1# of fresh tomatoes diced, or 1 28 oz can of diced tomatoes

1/2# of pole beans strings removed and cut in half

2 quarts of chicken stock

1/2 cup of Vermouth, or other white wine

1/2 t of oregano

1 t of dried thyme

1/4 t of dried basil

Salt and pepper to taste



In a large stockpot over medium-low heat, brown the bacon.

Add the sausage and brown evenly. Remove bacon and sausage and set aside.

Add the onion, celery, carrot, and garlic, and sauté until tender and translucent.

Sprinkle oregano, thyme, and basil over the onion mixture, add the vermouth and cook, scraping up the browned bits from the pan.

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Simmer until liquid has almost evaporated.

Add the stock, water, potatoes, zucchini, tomatoes, beans, bacon, and sausage.

Bring to a boil, then reduce to a simmer.

Allow to cook until the potatoes are tender, but the longer it is allowed to simmer, the better it will taste.

Adjust seasoning to taste.

Serve with grated with parmesan cheese if desired.

Serves 10.



About Carol:

Carol J. Alexander's mother was the queen of Spam and all things boxed. After moving out of her parents' home, Carol taught herself how to cook wholesome food on a shoestring. Marrying, having six children, and moving past the pavement, perfected her style of cooking by the motto, "Eat your food as close to the way God made it as possible."

When not in her garden or homestead kitchen, Carol works as a freelance journalist specializing in all things home. Since 2007, her writing has motivated and inspired both new homesteaders and homesteading wannabes in their journeys to living a sustainable lifestyle.

Carol is the author of [Homestead Cooking with Carol: Bountiful Make-ahead Meals](#) and the [Lessons from the Homestead](#) series of unit studies for homeschooling homesteaders



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The following recipes come from Carol's recipe box.

Taco Soup

This soup has been a favorite of the Alexander household for eons. Why? First, mom loves it because it is so easy to make. Second, the family loves it because it is so tasty.

Before I started canning everything that wasn't nailed down, I would make it in the crockpot like so:

Put in crockpot one pound of ground beef, browned and drained and one can each of black beans, pinto beans, kidney beans (or whatever you have on hand), corn, tomatoes, and green chilis. Fill the crock with water and add a half package of chili seasoning (more or less to taste). Turn on low and let simmer all day. Serve with chips and grated cheddar cheese.

Now, I have canning fever. If my canner is not going non-stop from August until October I just don't know what to do with myself. So I devised this new recipe for home-canned taco soup. No crockpot. Just open a jar, heat and serve.

Pre-soak a mixture of beans for several hours or overnight.

In each quart jar I put:

1 cup beans

1/2 cup already browned and rinsed ground beef

1/2 cup corn

1/2 cup mixed diced onions, green peppers, and tomatoes

1 teaspoon salt.

Cover in boiling water and pressure canned for 90 minutes.

After you open to eat, season to taste.

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Potato/Cheddar Soup

*My family loves potato soup when it is wet and rainy or snowy. There is just something about it that soothes the soul on cloudy days. I first started making this soup about 20 years ago. I was inspired by a recipe I found in *The New Laurel's Kitchen* by Laurel Robertson, Carol L. Flinders and Brian Ruppenthal. However, after so many years, I have adapted it to our taste. Also, be aware that, intuitive cook that I am, I struggle with exact measurements. So bear with me on that point. So here it is.*

Ingredients:

Potatoes—peeled and cubed

Carrot—peeled and grated

Onion—minced

Cheddar cheese—grated

Salt and pepper

Milk

Broccoli—chopped small (optional)



Choose your pot. Choose a big one, because you will absolutely stuff yourself with this soup and will want leftovers for lunch the next day.

In the bottom of the pot in a little olive oil, sauté the onion. The bigger my pot, the more of the onion I use. You can gauge how much by how many potatoes you use; which I get to next.

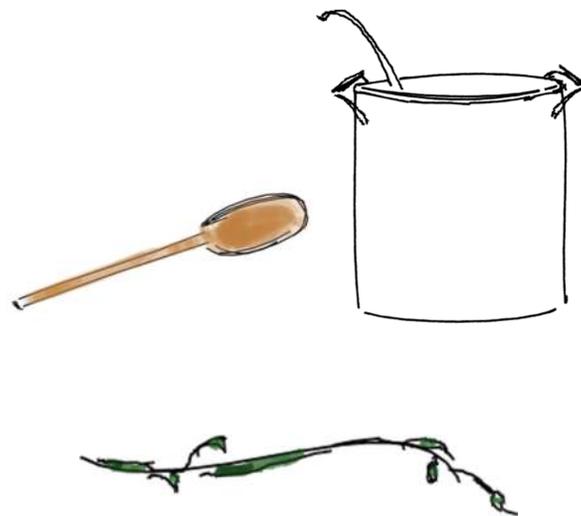
Add your diced potatoes, grated carrots, and broccoli. For my family of six-eight (you never know how many will be around our table) I use a five pound bag of potatoes and two to three carrots. Just barely cover with water and bring to a boil.

Let simmer until the vegetables are done. Turn off the heat.

This is where I insert a stick blender into the pot and whiz it up to thicken. If you do not have a stick blender, you can take out a cup at a time and do it in your blender. Just be very careful when blending hot liquids so as to not get burned.

Once the soup is as blended as you would like, add milk to thin. This is according to personal preference.

Last, add half of your grated cheese, and salt and pepper to taste. For my five-pound bag of potatoes, I use about ½ pound of cheese or about two cups. I add one cup to the soup and put the other cup on the table to top bowls.



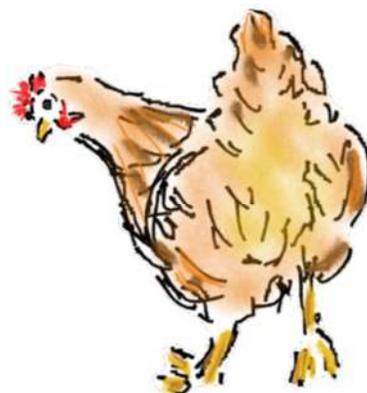
Carol's Award-winning Chili (for a crowd)

(This recipe taken from Homestead Cooking with Carol: Bountiful Make-ahead Meals)

I guess you want to know what makes this chili award-winning. Well, to be perfectly honest, I can't say that it's this exact recipe. Because as we discussed before, I'm the intuitive cook and well, my chili might include pork this week and beef the next. Or today I might want it hot and tomorrow I might want it mild. But, since I've won third place three years in a row at my church's chili cook-off, I figured that whatever I throw together, it's gotta be good and at least take third place. ☺

Ingredients:

*1 quart jar pork
1 quart jar venison
2 pints diced tomatoes
2-3 quarts tomato sauce
1 quart jar pinto beans
1 quart jar black beans
1 medium onion, diced
1 medium green pepper, diced
2 tablespoons olive oil
1 packet chili seasoning mix*



Sauté the onion and green pepper in oil in the bottom of a thick-bottomed stockpot until soft.

Add the contents of all the jars without draining and the seasoning packet.

Bring to a boil and then turn down to medium heat to simmer until reduced by a third.

Serve with cheese and chips.



Thank You

We would like to thank you for reading our *Tiny Book of Favorite Soup Recipes*. If you find one that becomes a favorite, please let us know. Also, please don't forget to visit Jenny at [Black Fox Homestead](#), or at her [Etsy store](#) and Carol at [Everything Home with Carol](#).

Jenny
and

Carol