

FROM OUR KITCHENS TO YOURS

CCRA members share the recipes of some of their favourite soups and stews for you to enjoy. Bon appetit!



CHILI WITH BEANS

Contributed by Kathy McGrath

Ingredients:

2 lbs ground beef
1 large green pepper, diced
1 large onion, diced
1 large garlic clove, minced
¼ cup chili powder
1 15 oz can red kidney beans
1 14 oz can brown beans
1 28 oz can tomatoes
1 6 oz can tomato paste
¾ cup water
1 tsp salt
1 bay leaf
hot-pepper sauce (optional)

Preparation:

In a large saucepan over high heat, cook ground beef, green pepper, onion, and garlic, stirring frequently, until all pan juices evaporate and beef is well browned, about 15 minutes.

Stir in chili powder; cook 1 minute. Drain liquid from kidney beans into meat mixture; reserve beans. Stir in tomatoes with their liquid, tomato paste, water, salt and bay leaf; over high heat, heat to boiling. Reduce heat to low; cover and simmer 45 minutes, stirring occasionally.

Stir in reserved kidney beans and brown beans. If you like chili hotter, add a few drops of hot pepper sauce to taste. Cover and simmer 15 minutes longer to blend flavours. Discard bay leaf.

** Makes 10 servings.

"This recipe was adapted from the New Good Housekeeping Cookbook. It can be made the day before and lasts a few days in the fridge."



SLOW COOKER CURRY

Contributed by Janice Bennink

Ingredients:

1 ½ lbs. stewing beef, cut into chunks
2 Tbsp. flour
2 Tbsp. oil
1 - 796 mL can diced tomatoes
½ cup water
2 garlic cloves, chopped
2 Tbsp. curry powder
2 teaspoons garam masala
Salt and pepper to taste
1 large onion, chopped
2 sweet potatoes, cut in large cubes
¾ cup frozen peas

Preparation:

Coat beef chunks with mixture of flour and ½ Tbsp. curry powder. Heat the oil in skillet to medium-high and quickly brown meat on all sides. Transfer the beef to slow cooker and reduce the skillet heat to medium. Add garlic to soften, then add tomatoes, garam masala, remainder of curry powder, salt, pepper and water. Stir until bubbling, then pour mixture over beef in slow cooker with chopped onions.

Slow cook on low for 3 hours, add sweet potatoes and cook for an additional 2 hours, adding peas for last ¼ hour until cooked through. Serve over rice or with naan bread.

"This is a mild, tomato-based curry. My slow cooker runs very hot, so vegetables are usually added in stages so they don't overcook. For other cookers, most ingredients can be added at the beginning of the cycle."



GOLDEN CARROT SOUP

Contributed by Denise Bacon

Ingredients:

½ cup (80 mL) butter
½ cup (125 mL) chopped onion
2 cups (500 mL) thinly sliced carrots
3 chicken bouillon cubes
3 cups (750 mL) boiling water
¼ cup (60 mL) long grain rice
½ tsp (2 mL) salt
2 cups (500 mL) milk

Preparation:

In a medium saucepan, sauté onions in butter until golden. Add carrots and toss until coated with butter. Add bouillon cubes, water and rice; cover and simmer until carrots are fork-tender and rice is cooked - about 12 to 15 minutes. Let it rest for 5 min. Add salt. Add to blender one-third at a time and blend until smooth. Return to saucepan; add milk and heat. Sprinkle shaved old cheddar on the soup just before serving to kick it up a notch!

"Golden carrot soup made by my sister, Dianne, was a taste sensation for me! It's delicious and nutritious. She got this very simple recipe from a Milk Calendar many years ago and this soup continues to be a family favourite."



LENTIL STEW

Contributed by Kathryn Stocks

Ingredients:

2 Tbsp. extra-virgin olive oil
1 medium onion, diced (about 2 cups)
3 to 4 large garlic cloves, minced
3 cups peeled, seeded and diced butternut squash
2 ½ cups sweet potato, peeled and diced
3 cups low-sodium vegetable broth
1 14-ounce can diced or ground tomatoes
1 14-ounce can light coconut milk
½ cup dried red lentils, rinsed
3 Tbsp. tomato paste
1 ½ teaspoons ground turmeric
1 ½ teaspoons ground cumin
½ teaspoon chili powder
¼ teaspoon cayenne pepper
Fine sea salt
Freshly ground black pepper
1 Tbsp. apple cider vinegar
1 bunch chard, spinach or kale, stemmed and chopped into bite-size pieces

Preparation:

Add the oil, onion, and garlic to a large pot. Stir to combine. Increase the heat to medium and sauté for 3 to 5 minutes, until the onion is softened. Add the squash and sweet potato and stir to combine. Add a pinch of salt and continue sautéing for a few minutes longer.

Add the broth, diced tomatoes (with juices), coconut milk, lentils, tomato paste, turmeric, cumin, chili powder, cayenne, salt and pepper. Stir well to combine. Increase heat and bring to a boil. Reduce the heat to medium, stir again and simmer uncovered for about 30 minutes, stirring occasionally, until the squash and potato are fork-tender. Reduce the heat if necessary.

Add the apple cider vinegar to taste. Adjust the other seasonings if desired.

Optional step: Using a handheld immersion blender, blend the stew for a few seconds (any more and you'll blend too much of the veggies). This thickens the broth.

Stir in the chard, spinach or kale and cook for another few minutes until the greens are wilted.

Ladle the stew into a bowl and garnish with minced cilantro or parsley and a good dusting of garlic and chili powder, if desired. You can also serve it over rice. Leftovers will keep in the fridge for up to five days, and they freeze beautifully, too.

"I found this tasty recipe on the internet when I was looking for a vegetarian dish that included butternut squash. It was created for Pulse Canada, and was inspired by Deliciously Ella."



THICK ONION SOUP

Contributed by Kelsey Dorval

Ingredients:

½ cup butter
1 lb. onions, finely chopped
1 garlic clove, crushed
½ cup flour
2 ½ cups vegetable bouillon
2 ½ cups milk
2-3 tsp lemon juice
Good pinch of ground allspice
1 bay leaf
1 carrot, coarsely grated
4-6 Tbsp. heavy cream
2 Tbsp. chopped parsley
Salt & pepper

Preparation:

Melt the butter in the pot and cook onions and garlic over low heat, stirring frequently, for 10-15 minutes, until soft but not brown. Stir in the flour and cook, stirring, for 1 minute, then gradually stir in the bouillon and bring to a boil, stirring frequently. Add the milk and bring back to a boil.

Season to taste with salt and pepper, then add 2 tsp of lemon juice, the allspice and the bay leaf. Cover and simmer for 25 minutes. Discard the bay leaf.

Stir the carrot into the soup and simmer for 2-3 minutes. Add more lemon juice if necessary. Stir in the cream and reheat. Garnish with the parsley.

"This is from one of my favorite recipe books, 1000 Vegetarian Recipes From Around the World. When my kids were small I wanted them to eat more vegetables, so I started making soups from this cookbook. It was a huge success!"

STOVETOP STEW

Contributed by Kathy Rowe

Ingredients:

1 package of stewing beef (1-2 lbs.)
2 beef bouillon cubes
½ tsp. salt
Pepper to taste
2-3 cloves of garlic, chopped
2 onions, chopped
1 Tbsp. soy sauce
1 Tbsp. Worcestershire sauce
1-2 Tbsp. parsley
½ cup of barley (cook separately)
3 or 4 potatoes quartered
3 or 4 carrots sliced
½ cup frozen peas
½ cup frozen corn

Gravy

2 Tbsp. cornstarch
½ cup cold water

Preparation:

In large pot, place stewing beef and add water (just enough to cover the meat) and turn on element to medium-low setting. Add beef bouillon cubes and stir until cubes have dissolved. Add onions, garlic, soy sauce, Worcestershire sauce, salt and pepper.

Cook for approximately 2-3 hours (keep an eye on the water level and add more when necessary)

In a separate pot, boil barley on medium-low. When cooked, rinse the barley and add to the stew.

Once meat is tender (about 2 hours), add chopped potatoes and carrots. Add frozen veggies to stew during last 15 minutes of cooking.

Remove food from pot with slotted spoon and place it into a casserole dish. Dissolve cornstarch into ½ cup of cold water and add to stew liquid in the pot. Stir until the liquid becomes a gravy.

Pour gravy over stewed food in the casserole dish. Stir and then cover and keep warm in a 250F oven until ready to eat.

Serve with fresh bread or rolls.

"This recipe was given to me by Karen Dias about 20 years ago. We often swapped recipes when our boys were small. I still make it every winter."



SLOW COOKER BEEF STEW

Contributed by Rob Elbertsen

Ingredients:

(Amounts are approximate, depending on size of slow cooker. Modify to your taste.)

3-5 cups potato cubes or mini potatoes
2-3 diced yellow/orange/red peppers
2-4 cups sliced celery
2-4 cups baby carrots
2-4 cups sliced mushrooms
2 diced onions
4 small bay leaves
1.5 kg. -2 kg. cubed stewing beef
½ cup all purpose flour
½ tsp black pepper
1-2 Tbsp canola/olive oil
1200-1400 mL beef broth
1-2 Tbsp Worcestershire sauce
2-4 chopped garlic cloves
1-2 cans tomato paste
1 Tbsp Frank's Red Hot Sauce (optional)

Preparation:

Combine vegetables in slow cooker. Add bay leaves.

Place stewing beef, flour and pepper into a sealable plastic bag or bowl. Toss to thoroughly coat beef.

Brown beef well on all sides in heated oil over medium heat in a non-stick pan. When done, place beef on top of vegetables in slow cooker.

Blend/mix broth, tomato paste, Worcestershire sauce, garlic and hot sauce. Add any pan drippings from browned beef. Mix well. Pour mixture over beef and vegetables.

Cover and cook on High for at least 4-6 hours, or until beef reaches temperature of 165°F and is fork tender. Discard bay leaves before serving.

"There was a basic recipe included in the documentation provided with the slow cooker. I've modified it slightly each time I make the stew. 1.5 kg seems like a lot of beef, but I had three active/athletic young adults living at home. Whatever they didn't eat was frozen and enjoyed a couple of weeks later."

