

2023

*Sheboygan County Association for
Home & Community Education*

Member-to-Member



Soups & Stews

Dutch Mustard Soup
The Ultimate Dutch Cookbook
Slavka Bodic 4 Servings
Myra Eischen, Individual Member

Sauté: ½ cup cubed bacon or pancetta
Drain. Add: 1-2 tablespoons butter to pan
Sauté: 1 large white onion, chopped
 2 leeks, trimmed and chopped
Add: 2 cloves garlic, minced
Cook for 1 minute

Combine in bowl: 3 tablespoons stoneground mustard
 3 cups vegetable or chicken stock
 1 cup heavy cream or ½ & ½
Add to soup and cook for 10 minutes until vegetables are soft.

Purée the soup. Pour back into soup kettle.

Stir in bowl: 1 tablespoon cornstarch
 2 tablespoons cold water

Add to the soup slowly.
Simmer until thickened.

Season with: salt and pepper to taste

Pour into bowls and top with bacon or pancetta.



Crab Meat and Asparagus Soup
The Ultimate Vietnamese Cookbook
Slavka Bodic 4 Servings
Myra Eischen, Individual Member

Bring to a roaring boil in large pot: 4 cups chicken stock
1 teaspoon peeled and minced fresh ginger
Add: ½ lb asparagus spears cut into 1" pieces

Cook for around 3 minutes until asparagus is done but still crisp tender before removing lid. Reduce temperature to a simmer.

Beat: 1 egg

Add 2 tablespoon of heated stock to it, pour egg mixture slowly into the pot in a slow steady stream while continually swirling to ensure that the cooked egg threads are equal.

Mix: 1 tablespoon cornstarch
2 tablespoons water
Add: 2 teaspoons cooking sherry or wine
1 teaspoon Asian sesame oil
1 teaspoon soy sauce

Add to soup mixture stirring for about 1 min. until somewhat thickened.

Add: 1 cup cooked crabmeat (I used artificial crab)
Simmer for 2-3 min. until warmed through.

Adjust the spices to your liking after tasting. Serve hot.



Broccoli Cheese Soup

Joyce Kuhlow, Individual Member

½ cup onion chopped
2 tablespoons butter
1 10 oz cream of celery soup
1 ½ cup milk
1 lb Velveeta cheese (cubed)
1 10 oz frozen chopped broccoli

1. Sauté onion in butter
2. Combine all ingredients & cook on low in crockpot for 3-4 hours.



Chili

Joyce Kuhlow, Individual Member

1 lb chunky spaghetti sauce
1 16 oz Italian stewed tomatoes
1 16 oz chili beans
1 16 oz kidney beans
3 stalks of celery chopped (I use more)
1 lb ground beef (browned)
1 cup spaghetti

Chop celery & cook 5 – 10 minutes.
Save water with celery
Add to large pot all items and include celery/water.
Heat on low till cooked completely through

Chicken Enchilada Soup

Carolyn Dreier, Franklin

6 chicken breast cooked and cubed
2-4 teaspoons minced garlic
4 cans chicken broth (14.5 oz cans)
2 cups masa harina corn tortilla mix – found near flour/corn muffin mix
6 cups water divided
2 cups mild red enchilada sauce
32 oz Velveeta cheese, cubed
2 teaspoons salt
2 teaspoons onion powder
1 teaspoon chili powder
1 teaspoon cumin
Tomatoes (garnish)
Corn tortilla strips (garnish)

Add garlic to a large pot and sauté for 1-2 minutes. Add chicken broth.

In a medium bowl, whisk together masa harina and 2 cups water until well blended. Add masa mixture to pot.

Add remaining water, enchilada sauce, cubed Velveeta cheese, salt, onion powder, chili powder and cumin. Bring to a boil.

Add cubed chicken, reduce heat and simmer for 30 minutes.

**Add more broth if needed to be the consistency you like.

Garnish with tomatoes and tortilla strips.



Create a Soup

Carolyn Dreier, Franklin

Directions

Step 1 – Choose one fat and heat in large soup pot. 2 Tablespoons of oil (canola, olive, or vegetable), butter or margarine

Step 2 – Add 1 medium chopped onion and cook until tender.

Step 3 – Choose 3 cups of vegetables, chop and add to the pot. Fresh, canned (drain first), or frozen – celery, green pepper, green beans, carrots, peas, corn, zucchini, squash, mushrooms, cauliflower, broccoli, kale or cabbage.

Step 4 – Choose one lb of protein and add to the pot. Drain and rinse canned ingredients. Chopped canned or fresh beef, chicken, ham or sausage. Canned beans such as black, pinto, kidney, navy or chickpeas.

Step 5 – Choose one starch and add to the pot. 3-4 cups diced potatoes, 4 oz uncooked egg noodles, pasta or barley or ½ cup uncooked rice.

Step 6 – Choose a broth. 1 can crushed or diced tomatoes and 3 cups water, 4 cups water and chicken, beef, or vegetable bouillon, low-sodium chicken, beef or vegetable broth, 4 cups low-fat milk and chicken bouillon.

Any combination of the above to make 4 cups.

Step 7 – Add one or more dried seasoning (if using). 1-2 teaspoons dried herbs (oregano, basil, cumin, chili powder, thyme, rosemary, parsley, etc.) 1 bay leaf, minced garlic to taste, pepper to taste

Step 8 – Partially cover the pot and simmer until meat is cooked and starch and vegetables are tender (20-30 minutes).

Step 9 – Add fresh herbs (if using) and simmer another 5 minutes. 1-2 Tablespoons fresh herbs.

Tips

Freeze leftover vegetables, potato, etc. to add to soups, including chopped kale, corn from the cob in season. If buying canned vegetables, buy “no salt added.”

Freeze leftover soup in containers and reheat for lunch.

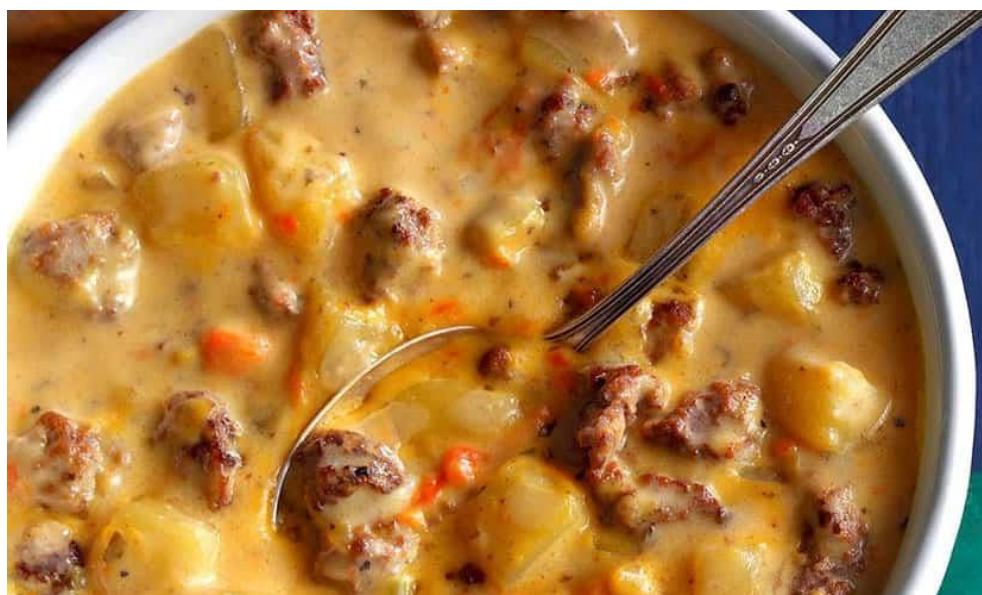
Save and freeze liquid from cooked vegetable in ice cube trays or muffin tins, transfer to freezer bags, to use as broth.

Cheeseburger Soup

JoAnn Gadicke, Individual Member

½ lb ground beef
4 tablespoons butter, divided
¾ cup chopped onion
¾ cup shredded carrots
¾ cup diced celery
1 teaspoon dried basil
1 teaspoon dried parsley flakes
1 ¾ lb (about 4 cups) cubed peeled potatoes
3 cups chicken broth
½ cup all-purpose flour
1 package (16 oz) Velveeta process cheese cubed
1 ½ cup whole milk
¾ teaspoon salt
¼ to ½ teaspoon pepper
¼ cup sour cream

1. In a large saucepan over medium heat, cook and crumble beef until no longer pink, drain and set aside. In same saucepan melt 1 tablespoon butter over medium heat. Sauté onions, carrots, celery, basil and parsley until tender, about 10 minutes. Add potatoes, beef and broth. Bring to a boil. Reduce heat and simmer, covered until potatoes are tender, about 10-12 minutes.
2. In a small skillet melt remaining butter. Add flour, cook and stir until bubbly (3-5 minutes). Add to soup, bring to a boil. Cook and stir for 2 minutes. Reduce heat to low. Stir in cheese, milk, salt and pepper. Cook until cheese melts. Remove from heat. Blend in sour cream. If you wish you can use 1 lb of ground beef. I have also made it omitting the sour cream.



Shrimp Chowder

JoAnn Gadicke, Individual Member

2 ½ cups diced potatoes
2 cups diced carrots
1 cup diced onion
2 cups diced celery
3 cups water
Salt and pepper to taste

White sauce
1 cup butter
¾ cup flour
5 cups milk
1 teaspoon salt
¼ teaspoon white pepper
4 beef bouillon cubes
1 lb medium fresh or frozen shrimp cut-up (if I get smaller shrimp I don't cut them up)

Boil potatoes, carrots, onions and celery in water for 25 minutes. (I use canned potatoes so I don't add them until the end.) Do not drain. Do not overcook. Meanwhile make white sauce by melting butter, adding flour and stirring constantly for about a minute. Add milk. Stir. Add beef bouillon cubes that have been softened in 4 tablespoons of hot water. Bring mixture to a boil. Boil for about 1 minutes. Mix white sauce and cooked vegetables together. Bring to a boil. Stir soup often to prevent sticking. (I put all of this in a slow cooker and let it simmer.) Add shrimp and let it simmer 5 minutes more (if I use frozen shrimp I let it simmer longer).

Oodles of Noodles Soup

Julie Boedecker, Individual Member

¾ lb boneless skinless chicken breasts, cubed
2 medium carrots, sliced
1 small onion, chopped
2 celery ribs, sliced
1 garlic clove, minced
5 cups water
¼ teaspoon pepper
2 packages (3 oz each) chicken ramen noodles

In a large saucepan coated with nonstick cooking spray, sauté the chicken, carrots, onion, celery and garlic until chicken is no longer pink. Add water, pepper and contents of seasoning packets from the noodles. Bring to a boil. Reduce heat, cover and simmer for 15-20 minutes or until carrots are tender.

Break noodles into pieces and add to soup; cover and cook for 3 minutes or until tender.

Yield: 6 servings

Chili

Julie Boedecker, Individual Member

1 ½ - 2 lbs hamburger
½ onion
2 stalks celery
1 can tomatoes
1 can tomato soup
23 ounce tomato juice - Sacramento
1 teaspoon salt
½ teaspoon pepper
⅛ cup sugar
Dash red pepper
3 teaspoons chili powder
kidney beans (optional)

Sauté hamburger with celery and onions until cooked through. Add remainder of ingredients and simmer.

King's Arms Tavern Cream of Peanut Soup

Julie Boedecker, Individual Member

1 medium onion, chopped
2 ribs of celery, chopped
¼ cup butter
3 tablespoons all-purpose flour
2 quarts chicken stock or canned chicken broth
2 cups smooth peanut butter
1 ¾ cups light cream
Peanuts, chopped

Sauté onion and celery in butter until soft, but not brown.

Stir in flour until well blended.

Add chicken stock, stirring constantly, and bring to a boil.

Remove from heat and rub through a sieve.

Add peanut butter and cream, stirring to blend thoroughly.

Return to low heat, but do not boil, and serve, garnish with peanuts.

Note: This soup is also good served ice cold.



Italian Sausage Creamy Potato Soup

Joyce Hameister, Franklin

½ lb ground mild Italian sausage
1 medium onion finely chopped
2 teaspoons chicken bouillon granules
½ teaspoon garlic powder
½ teaspoon pepper
2 medium red potatoes cut into ½ inch pieces (I used 2 medium russets)
2 cups kale sliced (I used spinach)
3 cups 2% milk (I used whole milk)
1 cup heavy whipping cream
1 tablespoon cornstarch
¼ cup cold water
Crumbled cooked bacon (optional)

In a large stockpot brown Italian sausage over medium heat 4-6 minutes until no longer pink, chopping into crumbles. When sausage is brown remove it from the pot to a paper lined plate to cool. Leave some fat in pot. Add onion and sauté until soft about 5-7 minutes. Return sausage to pot. Add chicken bouillon granules, garlic powder, pepper, cubed potatoes and fresh kale/spinach. Stir to combine. Slowly pour and stir in milk and heavy cream. Bring mixture to a boil, then reduce heat and let the soup simmer covered for 10-15 minutes or until potatoes are tender. While soup simmers, whisk 1 tablespoon cornstarch with ¼ cup water. Stir into soup, cook 1-2 minutes or until soup thickens, then serve.

Can be made thicker by using up to 4 tablespoons cornstarch. Can be made richer by using 2 cups milk and 2 cups cream.

Chicken Corn Chowder

Nancy Wagner, Franklin

¼ cup butter
5 lbs Russet Potatoes, peeled and cubed
3 large chicken breasts cut into 1 inch pieces and browned
½ tablespoon black pepper
4 cups chicken broth
2 – 10 oz bags of frozen corn
1 ½ tablespoons cornstarch + 2 tablespoons water
1 ½ pints heavy whipping cream
5 slices bacon diced and fried
2 cups shredded cheddar cheese
1 bunch of green onions, sliced

Grease a 6 – 7 quart crock pot with cooking spray. Cube butter and place in bottom of crock pot. Place potatoes and chicken over butter. Season with black pepper. Pour in chicken broth and add corn. Cover with lid and cook on low heat for 6 hours or on high heat for 4 hours. After time is up, mix together cornstarch and water. Pour into crock pot. Then pour in heavy whipping cream Gently stir to combine everything. Cover with lid and cook another 20 minutes or until chowder has thickened. Serve warm and garnish with bacon, cheese and green onions.

Sausage Minestrone Soup

Nancy Wagner, Franklin

6 oz Rotini or corkscrew pasta, about 1 ½ cups
1 tablespoon oil
1 lb Sweet Italian sausage, cut into ½ inch slices
1 onion, chopped, about 1 cup
1 glove garlic, minced
½ teaspoon dried Italian seasoning
½ teaspoon salt
3 cans (14.5 oz each) chicken broth
1 can (28 oz) crushed tomatoes
1 can (19 oz) kidney beans, drained and rinsed
1 pkg. (10 oz) frozen assorted vegetables, thawed
2 tablespoons chopped fresh parsley
Grated Parmesan cheese, optional

Cook pasta according to package directions, drain. Meanwhile, in pot, heat oil over medium heat. Add sausage, onion, garlic, seasoning and salt; cook, stirring occasionally, until sausage is browned and onion is tender. Add broth and tomatoes. Cover, bring to boil. Reduce heat to medium. Cook 10 minutes. Add pasta, beans, and vegetables; cook 5 minutes or until heated through. Remove from heat; stir in parsley. Serve with Parmesan cheese if desired. Makes 12 servings.

Great Grandma Clara's Chicken Dumpling Soup

Ruth Hering, Franklin

1 to 2 chicken breasts, cut in 1 inch pieces
1 onion, chopped
2 celery stalks, chopped
3 to 4 cups water
1 to 2 cups pre-sliced carrots
1 teaspoon celery salt
chicken bouillon, to taste

Dumplings:

2 cups flour
4 teaspoons baking powder
1 teaspoon salt
1 egg
Milk



In a very large pot, bring water to a boil. Add celery, carrots and onion; reduce heat, stirring occasionally for 15 minutes. Add chicken bouillon and stir. Add chicken and simmer for 15 minutes.

Dumplings: Combine flour, salt, baking powder and egg. Add milk until large dough ball forms.

In a small pan, boil water and add 1 teaspoon to 1 tablespoon lumps of mixture. Once they float, scoop out and add to large pot with soup. Yield: about 6 to 8 servings.

I use a whole chicken. I don't make the dumplings but use noodles and don't add the celery salt.

Garden Vegetable Soup

Peggy Watson, Franklin

$\frac{2}{3}$ cup sliced carrot
 $\frac{1}{2}$ cup diced onion
2 garlic cloves, minced
3 cups broth (beef, chicken, or vegetable)
1 $\frac{1}{2}$ cups diced green cabbage
 $\frac{1}{2}$ cups green beans
1 tablespoon tomato paste
 $\frac{1}{2}$ teaspoon dried basil
 $\frac{1}{4}$ teaspoon dried oregano
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ cup diced zucchini



1. In large saucepan, sprayed with nonstick cooking spray, sauté carrot, onion, and garlic over low heat until softened, about 5 minutes.
2. Add broth, cabbage, beans, tomato paste, basil, oregano, and salt; bring to a boil. Lower heat and simmer covered, about 15 minutes or until beans are tender.
3. Stir in zucchini and heat 3-4 minutes. Serve hot.

Cheesy Broccoli Soup

Peggy Watson, Franklin

6 tablespoons butter (melted)
6 tablespoons flour
1 pint milk
1 pint half & half
2 chicken bouillon cubes
1 $\frac{1}{2}$ teaspoon herb salt (I use Nature Best)
1 small jar cheese whiz
2 packages frozen broccoli (cooked)

Blend butter and flour until smooth, add milk and half & half gradually. Stir constantly. Add bouillon. Add remaining ingredients except broccoli. Cook until smooth stirring constantly. Stir in broccoli, heat through. DON'T BOIL! Takes about $\frac{1}{2}$ hour to prepare. Can freeze. Great tasting recipe but be careful not to boil, it will ruin flavor!

Hunters Stew

Howards Grove Domestics

1 (8 oz) spaghetti noodles
½ lb diced fried bacon
1 can lima beans
1 can cream style corn
1 can tomatoes plus juice
Tomato juice or V8 juice
salt & pepper to taste

Cook spaghetti and fry bacon
Add lima beans, corn and tomatoes
Add salt and pepper
Add enough juice to your liking
Heat & serve



Unstuffed Pepper Soup

Howards Grove Domestics

1 ½ lbs ground beef
3 large green peppers, chopped
1 large onion, chopped
2 cans (14 ½ oz each) beef broth
2 cans (10 ¾ oz each) tomato soup, undiluted
1 can (28 oz) crushed tomatoes – undrained
1 ½ cups cooked rice

Cook beef, green peppers, and onion over medium heat, drain. Stir in broth, soup, tomatoes. Bring to a boil. Reduce heat, cover and simmer for at least 30 minutes. Add rice and heat through.

10 servings



French Onion Soup

Nancy Cherney, Howards Grove Domestics

2 large Spanish onions, diced
3 tablespoons butter

Sauté onions in butter until tender.

Add

3 cups water
1 tablespoon soy sauce
2 beef bouillon cubes
2 chicken bouillon cubes
Garlic salt & pepper to taste



Bring to a boil. Reduce heat & simmer. Put in bowls. Place toasted garlic bread on top. Add 1 large slice of mozzarella to cover bread. Put bowls on pan and bake at 425° until cheese is lightly brown.

Chicken Pot Pie Soup

Lakeview

32 oz chicken broth
3 cans cream of chicken soup
2 cups milk
2-3 chicken breasts, cubed & cooked
1 ½ cups hash browns
12 oz mixed veggies (peas, carrots)
1 teaspoon salt
1 ½ teaspoon pepper

Cook in crockpot 6-7 hours or on high 3-3 ½ hours.

1 pie crust rolled flat and cut in cracker size pieces & baked. Serve with soup

Forgotten Beef Stew

Lakeview

2 lbs raw stew meat
2 cups tomato juice
2 celery stalks, cut up
3 tablespoons cornstarch
1 package frozen peas
5-6 carrots, cut up
2 medium onions, cut up
1-2 potatoes, cut in cubes
Salt & pepper
2 beef bouillon cubes

Bake 6 hours on 250° or 325° for 2 ½ hours. Can be made ahead and reheated for 30 minutes.

5 Hour Stew

Lakeview

1 ½ lbs stew meat
6 medium potatoes peeled & cut up
6 carrots peeled & sliced
Sliced onion
2 stalks celery sliced in ½ inch pieces
12 oz V-8 vegetable juice
½ teaspoon sugar
¼ teaspoon pepper
2 ½ tablespoons minute tapioca
2 teaspoons salt



Place un-browned stew meat in bottom of crock pot. Add raw vegetables on top of meat. Combine V-8, tapioca, sugar, salt & pepper. Pour mixture over vegetables and meat. Cover crock pot. Cook at 250° in oven or low setting of your crock pot for at least 5 hours.

Cream of Broccoli Soup

Lakeview

1 30 oz package frozen broccoli
1 medium size onion, diced
Cook until soft.
Drain and add:
3 tablespoons chicken base
1 can cream of mushroom soup
4 oz margarine or butter
3-4 cups of milk.

Heat and thicken as you desire

Chicken Tortilla Soup

Lakeview

1 can condensed cream of chicken soup
4 cups water
2 cups cubed cooked chicken
4 small tortillas cut in 2-inch strips

Bring soup and water to a boil.
Stir in the chicken and tortilla strips.
Reduce heat and cook uncovered for 25 minutes stirring occasionally.
Sprinkle with parsley and serve.

Skillet Supper

Lakeview

½ lb ground beef
⅓ cup minute rice
¼ cup chopped onion
2 carrots sliced
½ cup celery, chopped
½ cup peas
2 small potatoes chopped
1 can tomato soup
1 ¾ cup beef broth
1 ½ teaspoon salt
Pepper to taste



Brown ground beef and onion. Add rest of ingredients. Simmer together until done. Approximately ½ hour.

Gone-All-Day Stew

Lakeview

¼ cup flour
2 lbs beef chuck roast, cut into 1 inch cubes
1 can condensed tomato soup
2 tablespoons oil
1 cup water or red wine
2 teaspoons beef bouillon granules
2 teaspoons Italian seasoning
1 bay leaf
½ teaspoon ground pepper
6 small onions
4 medium potatoes, cut in chunks
3 medium carrots, cut into 1 inch slices
½ cup sliced celery

Dredge beef in flour to coat. In large skillet, brown meat in oil. Drain. Transfer to a 5 quart slow cooker. Combine tomato soup, water or wine, bouillon and seasonings; pour over beef. Add the onions, potatoes, carrots, and celery. Cover and cook on low for 4-5 hours or until meat is tender. Discard bay leaf. Serve with noodles or French bread.

Loaded Potato Soup

Lakeview

1 package (12 oz) bacon
1 ½ cups chopped onion
6 cups chicken broth (from two 32 oz cartons)
2 lbs baking potatoes, peeled, cubed
⅔ cup butter
¾ cup all-purpose flour
4 cups milk
1 teaspoon salt
1 teaspoon freshly ground pepper
1 cup diced cooked ham
1 container (8 oz) sour cream
2 ½ cups shredded sharp cheddar cheese (10 oz)
¾ cup sliced green onions



Steps:

In 12-inch skillet, cook bacon over medium heat 6 to 7 minutes or until crisp; drain on paper towels. Crumble bacon; set aside. Reserve 2 tablespoons drippings in skillet. Cook onion in bacon drippings over medium-high heat 6-minutes or until almost tender.

In 6-quart dutch oven, mix onion, broth and potatoes. Heat to boiling; reduce heat. Cook 10 minutes or until potatoes are very tender.

Meanwhile, in same skillet, melt butter over low heat. Stir in flour with whisk until smooth. Cook and stir 1 minute. Gradually stir in 2 cups of the milk. Pour milk mixture into potato mixture. Add remaining 2 cups milk, the salt and pepper. Cook over medium heat, stirring constantly with whisk, until mixture is thickened and bubbly.

Stir in ham, half of the bacon, the sour cream, 2 cups of the cheese and ½ cup of the green onions. Cook until thoroughly heated and cheese is melted. Evenly top individual servings with remaining bacon, ¼ cup cheese and ¼ cup green onions.

Pepper Chili

Lakeview

2 chopped onions
2 cups chopped celery
1 or 1 ½ green peppers chopped
1 lb of hamburger

Fry together

Add:

1 can stewed tomatoes
1 can kidney beans
1 can tomato soup (undiluted)
½ small bottle ketchup
Dash paprika
¼ teaspoon chili powder
Salt & pepper to taste

Simmer everything together for a few minutes.

Beef Stew

Pam Fiedler, Pretty Good Eggs

3 lb of tenderized stew beef
1 large can cream of mushroom soup
2 small cans French onion soup
2 cups of beef broth
Celery chopped
Peeled and washed potatoes, cut up
1 lb of carrots, sliced
1 small bag frozen peas
1 large onion, chopped
teaspoon salt or to taste
Cornstarch and water to thicken

Brown onions, celery and beef in frying pan. Cut carrots and potatoes. Add to beef mixture. Add soups and broth, cook until veggies are just about tender. Add peas and finish cooking. Prepare cornstarch and water. When tender add to thicken. Enjoy



Creamy Reuben Soup

Pam Fiedler, Pretty Good Eggs

1 cup drained sauerkraut
½ cup chopped onion
¼ cup celery chopped
3 tablespoons butter or margarine
¼ cup un-sifted flour
3 cups water
4 teaspoons beef flavored bouillon or cubes
½ lb cooked corned beef, shredded
3 cups half and half
12 ounce package swiss cheese, shredded

In a large saucepan cook onions and celery in butter until tender. Stir in flour until smooth. Gradually stir in water and bouillon and bring to a boil. Reduce heat and simmer uncovered 5 minutes. Add corned beef, sauerkraut, half and half and 1 cup of swiss cheese. Enjoy!

8 servings

Taco Soup

Sharon Zimmermann, Pretty Good Eggs

1 lb ground beef
1 onion chopped
1 package taco seasoning
1 package hidden valley ranch dressing with buttermilk
1 can corn not drained
1 can black beans, drain and rinse
1 large can tomatoes
1 small can green chilies

Brown ground beef and onions
Add all other ingredients
Simmer on low heat
Can top with shredded cheese

Summer Strawberry Soup

Althea Smith, Pretty Good Eggs

2 cups vanilla yogurt
½ cup orange juice
2 lbs fresh strawberries. Halved (8 cups)
½ cup sugar

Directions:

1. In a blender, combine the yogurt, orange juice, strawberries and sugar in batches; cover and process until blended. Refrigerate for at least 2 hours. Garnish with additional yogurt and mint leaves if desired.

Total time prep: 15 minutes + chilling

Yield: 6 servings

From Taste of Home. With just a few ingredients you have a great cold soup.



Summer Fruity Soup

Joanne Schroeder, Franklin

1 cup vanilla Greek yogurt
¼ cup apple juice
4 cups blueberries
¼ cup sugar
Additional vanilla yogurt if desired for garnish

1. In a blender combine yogurt, apple juice, blueberries, and sugar. Cover and process until blended. May need to blend in smaller batches depending on size of your blender.
2. Refrigerate for at least 2 hours. Keep cool until ready to serve.
3. Garnish with small amount of additional yogurt if desired.

Notes: The amount of sugar can be decreased depending on the sweetness of your fruit. I used about half of the sugar.

Other fruit and juice combinations such as strawberries and orange juice can be substituted for the blueberries and apple juice.
This soup makes a great snack or dessert.

Ham and Vegetable Soup

Joanne Schroeder, Franklin

1 ½ cups diced ham
1 ½ cups frozen diced hash brown potatoes
Small amount of onions and peppers cut into small pieces (frozen or fresh)
1 12 oz package of frozen green beans
1 12 oz package of frozen peas and carrots
1 16 oz can Baby Butter beans (drained)
1 ½ cups water
1 32 oz carton of vegetable broth
Salt and pepper to taste

Combine all ingredients in soup pot. Bring to a boil. Let simmer for about 1 hour.



The recipes on the preceding pages are not USDA or University of Wisconsin tested. Use of commercial names does not imply endorsement.

HCE (Sheboygan County Association for Home and Community Education) is open to all persons, without regard to sex, race, color, ethnic background or economic circumstances.

2024 HCE Proposed Programs

January 8 – Gratitude/Finding Joy

February 12 – Living on a Fixed Budget

March 11 – Dementia Innovation

April 8 – Tea Party

May – Rally & Recognition Banquet

June/July/August – TBD

August 29 - September 2 – Fair Booth

September 9 – Cooking with Modern Appliances

October 14 – Annual Meeting & Member-to-Member

November 11 – Craft

For more information contact:

Kathi Bonde

920.946.7503

kathibonde@gmail.com