

Ken's Garden Gumbo ©



Servings: 24
Serving size: 2 cups
Preparation time: 3 hours

The history of minestrone soup points to it being what the Italians called "cucina povera," which literally means, "poor kitchen," because it was primarily made with leftovers. Minestrone recipes will differ from one region, season, and household to another, depending on what is most commonly available. In Northern Italy, for example, they may use more root vegetables like potatoes, carrots, and onions along with celery, but in Southern Italy, you might see zucchini or even peas thrown into minestrone.

INGREDIENTS:

1/2 cup - Navy Beans {} **12** ounces - Chicken Broth
1 qt. - Water {} **2** medium - Carrots (raw, sliced)
1 cup - Potatoes (raw peeled & diced) {} **1/8** tsp. - Pepper
6 cups - Cabbage (raw) {} **8** oz. can - Tomatoes
1 medium - Onion (raw, sliced) {} **1-1/2** tbsps. - Olive oil
4 cups - Zucchini (raw, sliced) {} **1/2** tsp. - Basil (dried)
1-1/4 tsps. - Marjoram {} **1** pc. - Celery (raw)
2 tbsp. - Parsley (fresh) {} **4** oz. - Tomato Sauce
2 oz. - Elbow Macaroni (uncooked)

DIRECTIONS:

- 1.)** Combine Navy Beans, Chicken Broth, and Water in large stockpot. Cook for 1 hour.
- 2.)** Cut Carrots into strips and add with Potatoes, sliced Cabbage and canned Tomatoes. Cook for 30 minutes, Slice Onion and sauté in Olive Oil until translucent. Slice Celery and add along with Zucchini, Pepper, Basil, and Marjoram. Sauté until tender.
- 3.)** Stir all of No. 3.) into Navy Bean mixture. Add, Parsley and Tomato Sauce. Cook for 20 minutes. Add more water if too thick.
- 4.)** Add Macaroni. Cook for 10 minutes.

Recipe# soup 01

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Ken's Easy Vegetable Soup



Canned soup doesn't hold a candle to my Easy Vegetable Soup! This hearty recipe is comforting, good for you, and full of wholesome flavor. Enjoy a bowl for lunch or dinner. This soup is full of nourishing ingredients and tons of cozy flavor. And it's so simple to make! Be prepared for no leftovers!

INGREDIENTS :

2 28 fl. oz. - cans Turkey Broth
2 cups - Potatoes (peeled & diced)
1 - Sweet Medium Onion (sliced & quartered)
1 bag - Stir Fry Vegetables {} **2** 15 oz cans - Kidney Beans
1 tbsp. - Parsley (chopped)
1 tbsp. - Fresh Chives (chopped) {} **1** tsp. - Salt
1/2 tsp. - Ground Black Pepper {} **1** tsp. - Cilantro

DIRECTIONS:

- 1.)** Using a 6 qt. saucepan, pour in turkey broth, add all the vegetables, and bring to a slow bubble. Sprinkle Parsley, Chives, Cilantro, & Salt & Pepper into mixture.
- 2.)** Bring to a boil, remove from heat and stir thoroughly. Return to stove over low heat, simmer for 45 minutes, (Regulate stove so soup is lightly bubbling) stirring occasionally. Serve with wheat crackers and Herbed Garlic Butter.

Recipe# soup 03

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Ken's version © Tomato SOUP



Simple Homemade Tomato Soup with Green Pepper, Onions, Celery, fresh Parsley, and Cilantro, and Turkey broth for deliciously rich flavor. It's super easy to make using canned Tomatoes since in the fall and winter fresh tomatoes are out of season. This is bound to be your next cold weather or anytime favorite!

INGREDIENTS:

- 1 tbsp. - Margarine or Butter (suit your diet)
- 1 cup - Green Pepper (diced)
- 1 - Medium Onion (sliced & quartered)
- 2 14.5 fl. oz cans - Hunt's Stewed Tomatoes
- 1 28 fl. oz can - Turkey Broth {{{}} 1 cup - Celery (diced)
- 1 tsp. - Fresh Parsley (chopped) {{{}} 1 tsp. - Cilantro
- 1 tsp. - Salt {{{}} 1/2 tsp. - Ground Black Pepper

DIRECTIONS:

- 1.) Melt Margarine or Butter in a 3 qt. saucepan, over low heat. Sauté Green Pepper and Onion & Celery for about 2 minutes.
- 2.) Drain juice from both cans of Tomatoes, blend until almost smooth (small lumps). Pour Tomatoes and Turkey Broth over the Green Peppers, Onions, & Celery, stirring as you add them, and sprinkle Parsley, Chives, Cilantro, Salt & Pepper into mix bring to a boil.
- 3.) Remove from heat and stir thoroughly. Return to stove over low heat; simmer for 35 to 40 minutes, (regulate burner so soup is just bubbling) stirring occasionally. Serve with wheat crackers and

Herbed Garlic Butter. [Recipe# soup 04](#)

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Ken's version Minestrone



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12 ounces - Chicken Broth {} 2 medium - Carrots (raw, sliced)
1 cup - Potatoes (raw peeled & diced) {} 6 cups - Cabbage (raw)
8 oz. can - Tomatoes {} 1 medium - Onion (raw, sliced)
1-1/2 tbsps. - Olive oil {} 4 cups - Zucchini (raw, sliced)
1/8 tsp. - Pepper {} 1/2 tsp. - Basil (dried)
1-1/4 tsps. - Marjoram {} 1 pc. - Celery (raw)
2 tbsp. - Parsley (fresh) {} 4 oz. - Tomato Sauce
2 oz. - Elbow Macaroni (uncooked)

- DIRECTIONS:** 1.) Combine Navy Beans, Chicken Broth, and Water in large stockpot. Cook for 1 hour. Cut Carrots into strips and add with Potatoes, sliced Cabbage and canned Tomatoes. Cook for 30 minutes,
- 3.) Slice Onion and sauté in Olive Oil until translucent. Slice Celery and add along with, Zucchini, Pepper, Basil, and Marjoram. Sauté until tender. Stir all of No. 3.) into Navy Bean mixture. Add, Parsley and Tomato Sauce. Cook for 20 minutes. Add more water if too thick. 4.) Add Macaroni. Cook for 10 minutes. Servings: 8
Serving size: 1 bowl, Prep. 1 hour: 30 minutes

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