

## Ken's Two Pea Soup with Pork



*This pea soup recipe comes with a little extra protein thanks to meaty smoked pork hocks. Top this pork soup recipe with extra shredded meat and serve with a few crackers on the side. Again, I have no idea of the origin of this recipe.*

### INGREDIENTS:

- 2 medium Carrots (cut into 1-inch pieces)
- 2 stalks Celery (cut into 1-inch pieces)
- 1 large Onion (cut into wedges) [\*] 3 cloves Garlic (peeled)
- 1 tbsp. Olive Oil [\*] 6 cups Water [\*] 2 tbsps. Lemon Juice
- 2 lbs. Meaty Smoked Pork Hocks
- 1 cup Dry Split Peas (rinsed and drained)
- 1/2 tsp. Dried Summer Savory or Marjoram (crushed)
- 1/4 tsp. Ground Black Pepper [\*] 1 16 oz. package Frozen Green Peas
- 1/3 cup packed Fresh Italian (flat leaf) Parsley Leaves
- Salt \* Ground Black Pepper

### DIRECTIONS:

- 1.) Preheat oven to 425°F. In a shallow baking pan combine carrots, celery, onion, and garlic. Drizzle with oil; toss gently to coat. Spread vegetables in a single layer. Roast, uncovered, for 15 to 20 minutes or until vegetables are light brown on the edges, stirring once.
- 2.) In a large Dutch oven combine roasted vegetables, the water, pork hocks, split peas, savory, and 1/4 teaspoon pepper. Bring to boiling; reduce heat. Simmer, covered, for 45 minutes, stirring occasionally. Remove pork hocks from Dutch oven; set aside.
- 3.) Stir frozen peas and parsley into mixture in Dutch oven; cool slightly. Transfer vegetable mixture, half at a time, to a food processor or blender. Cover and process or blend until nearly smooth. Return pureed mixture to Dutch oven. Stir in lemon juice.
- 4.) When pork hocks are cool enough to handle, remove meat from bones, discarding bones. Coarsely shred enough of the meat to measure 3/4 cup; set aside for garnish. Chop the remaining meat. Stir the chopped meat into pureed vegetable mixture. Continue cooking until heated through. Garnish each serving with the reserved shredded meat.

## Ken's Mashed Potato Soup



*Mashed potato soup is one of the best ways to use up leftover mashed potatoes. It's creamy, cheesy, and delicious. It's basically mashed potatoes in a comforting soup form. Ready in under 30 minutes with just a handful of simple ingredients, this quick and easy recipe is perfect for lunch or dinner, anytime you have some cold mashed potatoes left.*

### INGREDIENTS:

- 1 cup - Carrots (chopped)
- 1 cup - Celery (chopped)
- 1 cup - Sweet Onion (chopped)
- 3/4 cup - Green Onion (chopped)
- 1 can - 28oz. Turkey Broth
- 1/2 tsp. - Cilantro (chopped)
- 1/2 tsp. - Basil leaf (chopped)
- 1/2 tsp. - Garlic Salt
- 4 cups - left over Mashed Potatoes  
(or use 1 bag Yoder's brand or suitable substitutes)  
(Be sure to buy broth and potatoes without MSG)

### DIRECTIONS:

- 1.) Using a six-quart pan, sauté Carrots, Celery and Onions in 1/2 cup margarine for about 10 minutes, stirring frequently.
- 2.) Add Turkey Broth and seasonings, stir in Mashed Potatoes. Bring to a bubble, reduce heat, and cook for 30 minutes, stirring frequently. Serves:6

## Ken's version Cheddar Cheese Soup



Hudson's was a department store in Michigan. Hudson's had little cafes inside their stores, and one of their specialties was this amazing cheddar cheese soup. I used to hear J. P. McCarthy on WJR talk about their Cheddar Cheese Soup. I never enjoyed it at one of their stores but made my own recipe. Of course, my recipe is better. Be sure to use good quality, sharp aged (12 months or more) cheddar. The better the cheese the better the success of this recipe.

### INGREDIENTS:

**1/4** cup – Butter [\*] **1/2** cup - Onion (chopped)  
**1/2** cup - Carrots (chopped) [\*] **1/2** cup - Celery (chopped)  
**4** tbsps. - “All Purpose” Flour [\*] **2** cups - Chicken Broth  
**1** cup - Skim Milk [\*] **4** oz. - Cheddar Cheese (extra sharp)  
**1/2** tsp. - Worcestershire Sauce [\*] **1/2** tsp. - Dill Weed (dried)

### DIRECTIONS:

- 1.) Melt butter in saucepan over low heat. Add vegetables, sauté for 5 minutes.
- 2.) Stir in flour, cook for 4 minutes. Slowly stir in Chicken Broth and Milk; simmer for 15 minutes.
- 3.) Whisk in cheddar Cheese. (do not boil) when cheese has melted, stir in Worcestershire Sauce. Garnish each serving with a sprinkle of dill weed.

## Ken's Turkey Noodle Soup



In just 45 minutes, you can have a flavorful, hearty, homemade Turkey Noodle Soup. Fresh vegetables, chopped turkey, Turkey Broth and Egg Noodles combine in a dish that's the very definition of family-friendly comfort food. This is also the best way to use any turkey leftovers you may have in this delicious Turkey Noodle Soup!

### INGREDIENTS:

**4** 28oz. cans - Turkey Broth  
**1** 28oz. can - Keystone Meats All-Natural Canned Turkey (Better if you have any leftover Turkey on hand)  
**1** tsp. - Wyler's Chicken, Garlic & Herb Instant Bouillion  
**1** cup - Celery (chopped) [\*] **1** cup - Carrots (chopped)  
**1** cup - Onion (chopped) [\*] **2** tbsp. - Parsley (chopped)  
**16** oz. - Egg Noodles (fine)

### DIRECTIONS:

- 1.) Pour broth into a 6qt. pan and bring to a boil. Add everything but the noodles and bring to a boil again.
- 2.) Add the noodles, cover, and cook for 30 minutes. Stir frequently while cooking.

**Suggestion:** Make ahead and freeze in 6 fl. oz. containers. A bowl makes a great addition to any meal, or an evening nutritious snack!