

## Ken's version Lasagna Soup



I first saw a *Lasagna Soup* recipe on the internet in 2011 or 2012. This is my version of the first one I saw. I always liked *Lasagna*, so *Lasagna Soup* seemed to be a natural progression. Imagine a soup with Beef, Bacon, Garlic, Onion, and Tomato Sauce with tender *Lasagna Noodles* throughout. The *Ricotta Cheese* topping is what makes this soup taste exactly like *Lasagna*. Imagine, it's all done in one pot!

**Prep/Cook Time: 25 minutes - Serves: 4**

### INGREDIENTS:

- 1 lb. - Ground Beef {} 4 slices Bacon
  - 1/4 tsp. - Garlic Powder {} 1 can (28 oz.) - Beef Broth
  - 1/2 cup - Onion (chopped) {} 1 can (14 1/2 oz.) - Tomatoes (diced)
  - 1/4 tsp. - dried Italian Seasoning
  - 1 1/2 cups - uncooked mini-Lasagna
  - 1/4 cup grated - Parmesan Cheese
  - 1/2 cup chopped - Fresh Parsley
  - Cheese Topping:** 8 oz. - Ricotta Cheese
  - 1/2 cup - grated Parmesan Cheese {} 1/4 tsp. - Salt
- In a small bowl, mix the Ricotta, Parmesan, and Salt.

### DIRECTIONS:

- 1.) Cook the beef, Onion, Garlic, and ¼ cup Parsley in a 6-quart saucepan over medium-high heat for 10 minutes, or until the beef is well browned, stirring often to separate meat. Pour off any fat. Cook Bacon crisp, drain on paper towel, crumble into small bits, and set aside. Stir the Broth, Tomatoes, and Italian Seasoning into the Beef mixture saucepan and heat to a boil. Stir the pasta in the saucepan. Reduce the heat to medium and cook for 10 minutes or until the Pasta is tender. Stir in the Parmesan Cheese, and Bacon bits. Season to taste. Top each serving of soup with a dollop of Ricotta Cheese and sprinkle with remaining chopped fresh Parsley.

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## Ken's Mushroom & Broccoli Soup



*Mushroom Broccoli Soup* is a healthy, warm, and creamy soup with the combination of mushrooms and broccoli. It is prepared with a minimum of ingredients in minutes. A great soup in the cold weather or served as a starter for any meal or a family get together.

### INGREDIENTS:

- 2 cans - Fat-Free Condensed Cream of Mushroom Soup
- 2 cups - Low-Sodium Chicken Broth
- 1 bag - Birdseye Whole Broccoli
- 6 tbsps. - Soy sauce Low-Sodium
- 1/4 lb. - Bulk Sausage un-seasoned

### DIRECTIONS:

- 1.) Cook Sausage in skillet, Crumble, and drain, Set aside.
- 2.) prepare Mushroom Soup as any condensed Soup but use Chicken Broth instead of water or milk in a 2 qt. pan.
- 3.) Add Broccoli & Soy Sauce, continue to cook over low heat for about 15 minutes.

**SUGGESTION:** Serve with Whole Wheat Crackers and Cream Cheese & Chives Serves: 4

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## Lentils & Ham Hock Soup



The recipe origin is unknown. Lentils were introduced to our family by Barb, and I enjoyed them very much. Lentils make for a rich soup with the fewest of ingredients. This Lentil soup with Ham Hocks and homemade Bacon Bits attains a smokey meaty flavor making for a delicious dish.

### INGREDIENTS:

**1** cup - Carrots (chopped) **1** cup - Celery (chopped)  
**1** cup - Sweet Onion (chopped) **1 1/2** tsp. - Garlic (minced)  
**4** 14.5oz. cans - Low-Sodium Chicken Broth **1/2** tsp. - Salt  
**1** 16oz. bag - Lentils (rinsed and sorted - no Hulls or partials)  
**1** Smoked Ham Hock (about 3/4 to 1 1/2 lb.) **3** Thick slices of Bacon (diced) **1** Bouquet Garni: (**3 - 4** Fresh Parsley stems **2** - Medium Bay leaves)

### DIRECTIONS:

- 1.) Place Bacon in a large stockpot, cook over medium Heat until Bacon is crisp. Remove Bacon, set aside, drain on paper towels.
- 2.) Pour off all but 2 tbsps. Bacon fat from stockpot and add Onions, Celery, & Carrots, cook, stirring occasionally until Onion is translucent and tender, about 7 minutes.
- 3.) Add Garlic, Salt & Pepper and cook 1 minute more while stirring. While vegetables are cooking, add cleaned and sorted Lentils to a large crockpot. Add 2 cups Broth to stockpot, bring quickly to a boil, stirring often to loosen browned bits on the bottom of the Stockpot. Pour Broth & Vegetable mixture in crockpot add Ham Hock, Bouquet Garni, and cooked Bacon and the remaining Broth. Cover and cook on low until Ham \Hock is cooked, and Lentils are tender. (about 7 to 8 hours)
- 4.) Switch crockpot to "Keep Warm", remove Ham Hock cool completely, shred and return to crockpot, stir. Remove Bouquet Garni, season to taste Salt & Pepper. You probably will find no additional seasoning is needed. **Recipe# soup 8** **Page 8**

## Ken's version

## Chicken Spaetzle Soup ©



Chicken Spaetzle Soup is a simple comfort food. Mom and Grandma Hornung always called these mini dumplings "Rivels". Rivels are made the same way as Spaetzle. When this recipe appeared on my horizon, it had to be added to my collection. I should call it Chicken Rivel Soup.

### INGREDIENTS:

**4** tbsps. - Olive Oil **11** cups - Chicken Stock  
**1** Medium Onion (minced) **3** Ribs Celery (diced)  
**4** Carrots (peeled and diced) **4** Chicken - Breasts (diced)

### SPAETZLE (Rivels) INGREDIENTS:

**1 1/2** cups - All-Purpose Flour **1/4** tsp. Salt  
**1/8** tsp. - Ground Black Pepper **2** large Eggs  
**1/2** cup - Skim Milk

### DIRECTIONS:

- 1.) Heat oil. Add Onions, and Celery. Sauté for about 5 minutes until tender. Add broth, Chicken and Carrots. Bring to a boil and cook till Chicken is cooked through.
- 2.) Bring pot of water to boil. Combine Flour, Salt, and Pepper. Combine Eggs and Skim Milk \into Flour, Salt, and Pepper mixture. Mix well until smooth. (Works best in an electric mixer) Drop all of it, a 1/4 teaspoon at a time, into boiling water. Spaetzle (Rivels) are done when they float. Remove with a slotted spoon. Add Spaetzle (Rivels) to Chicken mixture stir and serve.