What's Cookin'? Soup Supper

Experience the flavours of nostalgia
Dear Friends,

For many years, Augustana Chaplaincy has been centered around coming to the table and breaking bread in worship and community.

The rhythm of preparing soup and cheese for our community is something that shaped the flow of our week through our weekly Soup Suppers and Open Table Holy Communion service; but, also our year as we move together towards our annual What’s Cookin’? Soup Supper.

Reflecting on the ten or so What’s Cookin’? that I have been able to be a part of, there are many aspects to my memories. Of course, like most of you I immediately think about the large gathering of supporters who have become friends and family, which is something we all dearly crave this year and we so hope to be back to again soon. But, I also think of the banners decorating the chapel, the hubbub of clinking dishes and laughs shared over a meal, and the smells and tastes of those same soups we share nearly every year.

It is with this, that we bring you the soup recipes of Augustana Chaplaincy. We hope that the flavours and smells will bring you some of the joy that we experience every time our community gathers.

Sara Smith
Assistant to Chaplaincy and Student Chaplain Aluma
Cream of Broccoli Soup

Ingredients:
• 50 ml margarine
• ½ c. chopped onion or shallots
• ½ c. chopped celery
• ½ tsp. curry powder
• 1 c. vegetable broth
• 2 c. light or whipping cream
• 1 tsp. salt
• pinch of pepper

Serves 4-6

May be served with grated cheddar cheese, if desired.

Sauté onions/shallots and celery in margarine; add curry; cook until vegetables are tender (about 5 min.). Trim broccoli and chop. Add to pan; stir in stock. Cover and simmer for 10 to 15 minutes. If you wish, puree soup in food processor. Return to saucepan and stir in cream, salt and pepper. Heat through and serve.
Hamburger Soup

Ingredients:
- 1 ½ lbs. lean ground beef
- 1 med. Onion, chopped
- Lg. can tomatoes
- 2 c. water
- 30 oz. consommé
- 4 carrots, chopped
- 3 celery stalks, chopped
- ½ tsp. thyme
- Pepper and salt to taste
- 2 c. diced potatoes (if desired)

Brown meat with onions. Drain any fat. Combine all ingredients in large pot and bring to boil. Simmer, covered at least 2 hours. Adjust seasonings as necessary.

Serves 4-6
Becky’s Gluten-free Veggie Chili

Ingredients
- 1 lg. onion
- (chopped and sautéed)
- 1 head garlic
- (chopped & sautéed)
- 1 c. water
- 2 740 ml cans tomato sauce
- 1 c. quinoa
- 4 c. corn
- (canned or frozen)
- 4 peppers chopped
- 3 c. black beans
- 3 c. kidney beans
- 1 tsp. cayenne pepper
- 1 tbsp. cumin
- Salt to taste

Serves quite a few.

This recipe was reduced from the original huge amount that would be used for a whole semester worth of Open Table dinners. The original recipe made 12 pails full so this will make approximately 5L. This could be easily halved for a dinner amount.