

## Baked “Potato” Soup

Submitted by: Sam Kosik, Opportunity’s donor database manager

“This soup is hearty and delicious, but by using the cauliflower in place of potatoes it makes it a lower-carb version of the traditional potato soup... and you won’t miss the potato! Also, by substituting vegetable broth/stock for the chicken stock you can make this a vegetarian-friendly meal.”

2 large heads of cauliflower  
1 stick of butter (cut into chunks)  
14 oz of chicken broth or stock  
16- 24 oz heavy cream  
2-3 stalks of celery, chopped  
½ cup chopped onion  
Salt and pepper to taste  
1 Tbsp of fresh or dried chives

Optional toppings: shredded cheddar cheese, crumbled bacon, chopped chives, sour cream

1. Cut cauliflower into large pieces and steam until slightly soft (about 3-5 minutes).
2. Purée 2/3 of the cauliflower, butter and 8- 12 oz. of cream in blender or food processor (you may have to do this in batches depending on the size of your blender/processor). The purée should have the consistency of Cream of Wheat®.
3. Chop the remaining cauliflower into bite-sized pieces. Place purée, cauliflower, chives, celery, onion, and remaining cream in a large stock pot. Season with salt and pepper. Add chicken broth/stock to make the soup the consistency you like. Simmer 15-20 minutes, stirring often. Ladle into bowls and top with your choice of toppings and serve with some crusty bread. Enjoy!

Yield: 6-8 large bowls

Prep time: 15-20 minutes (including steaming cauliflower)

Cook time: 20 minutes

## Herbed Chicken and Dumplings

Submitted by: Sonya Perez-Lauterbach, YAO manager

“Is there anything more comforting than chicken and dumplings? This soup is a meal in itself, and so easy to make. Also, if you need to double the recipe for your dinner, it’s possible –you’ll just need to use a bigger pan.”

2 tsp. cooking oil  
1 lb. skinless, boneless chicken thighs, cut into bite-sized pieces  
1 1/2 cups (1/4-inch) diagonally cut celery  
1 cup (1/4-inch) diagonally cut carrot  
1 cup chopped onion  
1/4 tsp. dried thyme  
6 parsley sprigs  
2 bay leaves  
1 1/2 cups (48 ounces) chicken broth  
1 cup all-purpose flour  
2 Tbsp. chopped fresh parsley  
1/2 tsp. baking powder  
1/2 tsp. salt  
1/2 cup milk

1. Heat a large saucepan over medium-high heat. Add cooking oil. Add chicken to pan; cook 4 minutes, browning on all sides. Remove chicken from pan; keep warm. Add celery and next 5 ingredients (through bay leaf) to pan; sauté 5 minutes or until onion is tender. Return chicken to pan; cook 1 minute. Add broth to pan; bring mixture to a boil. Cover, reduce heat, and simmer 30 minutes.
2. Weigh or lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, chopped parsley, baking powder, and salt in a large bowl. Add milk, stirring just until moist. Spoon by heaping teaspoonfuls into broth mixture; cover and simmer 10 minutes or until dumplings are done. Discard parsley sprigs and bay leaf.

Yield: 4 servings

Prep time: 15 minutes

Cook time: 45 minutes

## Caramelized Onion and Shiitake Soup with Gruyère-Blue Cheese Toasts

Submitted by: Emily Riemer, marketing communications specialist

“If you’re looking for less exotic (and more affordable) ingredients, this recipe works very well with regular white mushrooms, and ordinary blue and Swiss cheeses for the toasts. Also, don’t be daunted by the long cooking time. Once you add the broths in step 2, you can store the soup overnight in the fridge and finish cooking the next day.”

### SOUP:

1 Tbsp. olive oil  
8 cups (about 2 lbs.) vertically sliced yellow onion  
5 cups sliced (about 10 ounces whole) shiitake mushroom caps  
4 garlic cloves, minced  
2 thyme sprigs  
½ cup dry white wine  
1 (14-ounce) can chicken broth  
1 (14-ounce) can beef broth  
½ tsp. salt  
½ tsp. freshly ground black pepper

### TOASTS:

12 (1/2-inch thick) slices French bread baguette, toasted (about 6 ounces)  
¼ cup (1 ounce) grated Gruyère cheese  
¼ cup (1 ounce) crumbled Gorgonzola cheese  
½ tsp. finely chopped fresh thyme

1. To prepare soup, heat oil in a large Dutch oven over medium-high heat. Add onion to pan; sauté 15 minutes or until almost tender, stirring frequently. Reduce heat to medium-low; cook until deep golden brown (about 40 minutes), stirring occasionally.
2. Increase heat to medium. Add mushrooms to pan; cook 10 minutes or until mushrooms are tender, stirring frequently. Stir in garlic and thyme sprigs; cook 2 minutes, stirring frequently. Increase heat to medium-high. Add wine to pan; cook 2 minutes or until most of the liquid evaporates. Add broths to pan; bring to a simmer. Reduce heat, and simmer 45 minutes. Stir in salt and pepper. Discard thyme sprigs.
3. To prepare toasts, preheat broiler.
4. Arrange bread in a single layer on a baking sheet. Top each bread slice with 1 tsp. Gruyère and 1 tsp. Gorgonzola. Broil 2 minutes or until cheese melts. Sprinkle chopped thyme over cheese. Ladle about 1 cup soup into each of 6 bowls; top each serving with 2 toasts.

Yield: 6 servings

Prep time: 15 minutes

Cook time: 2 hours