



## EGG ROLL SOUP

*This Egg Roll Soup recipe brings together all of those irresistible egg roll flavors we love...in a soup!!*

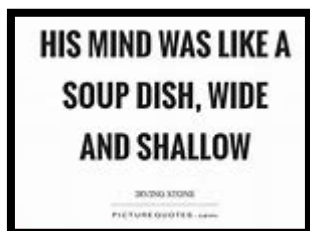
1 pound ground pork (or see other alternatives below!)  
 2 tablespoons olive oil  
 1 medium white onion, peeled and diced  
 2 medium carrots, peeled and diced  
 3 cloves garlic, minced  
 1 small green cabbage, chopped into bite-sized pieces  
 6-8 cups chicken or vegetable stock  
 2 teaspoons ground ginger  
 1 teaspoon toasted sesame oil  
 optional toppings: toasted sesame seeds, thinly-sliced green onions, homemade fried egg roll wrappers\*\* (or store-bought wonton strips)

### DIRECTIONS:

1. Add ground pork to a large stockpot and cook over medium-heat for 5-6 min., stirring and flipping occasionally, until the pork is lightly browned. Use a slotted spoon to transfer the pork to a separate plate, and set aside.
2. Add the olive oil and onion, and stir to combine. Sauté for 5 min., stirring occasionally. Add the carrots and garlic, and sauté for 2 more min., stirring occasionally. Add the cabbage, stock, ginger, and cooked pork, and stir to combine.
3. Continue cooking until the soup reaches a simmer. Reduce heat to medium-low, cover, and simmer for 15 min., or until the carrots and cabbage are tender. Stir in the sesame oil until combined. Taste and season soup with a few generous pinches of salt and black pepper as needed.
4. Serve warm, garnished with your desired toppings. Refrigerate in sealed containers for up to 3 days, or freeze for up to 3 months.

*\*Feel free to use ground pork (or pork sausage, or shredded pork), ground chicken (or chicken sausage, or shredded chicken), smoked sausage, or mushrooms in place of ground pork if you'd like.*

<https://www.gimmesomeoven.com/egg-roll-soup/>



## ENFRIJOLADAS

1 batch Chipotle Black Bean Sauce (see below)  
 corn or flour tortillas

Your favorite fillings (ex: cooked diced chicken/steak/pork/shrimp, shredded cheese, roasted vegetables, etc.)

your favorite toppings (ex: diced avocado, chopped fresh cilantro, crumbled queso fresco, diced red onion, Mexican crema or sour cream, fresh lime wedges etc.)

fresh lime wedges



### BLACK BEAN SAUCE INGREDIENTS:

2 (15-ounce) cans black beans, rinsed and drained  
 4 cloves garlic, peeled  
 2 chipotles in adobo sauce, or more to taste  
 2 cups chicken or vegetable stock  
 1/2 cup diced white onion  
 1 1/2 teaspoons ground cumin  
 1/2 teaspoon oregano (I recommend Mexican oregano, if available)  
 1/2 teaspoon salt, or more to taste

### DIRECTIONS:

#### TO MAKE THE ENFRIJOLADAS:

1. Heat oven to 350°F.
2. Spread 1/2 cup of the prepared black bean sauce evenly over the bottom of a 9 x 13-inch baking dish. Pour the remainder of the black bean sauce in a large bowl. Set aside.
3. If using corn tortillas, warm the tortillas. Skip if using flour tortillas. Dip a single tortilla in bowl of black bean sauce until tortilla is coated on each side. Transfer tortilla to a plate, fill tortilla with desired fillings, roll it up and place it seam-side-down in the baking dish. Repeat with remaining tortillas and filling.
4. Spoon a generous portion of the remaining black bean sauce on top of the rolled tortillas. Bake (uncovered) for 15 minutes.
5. Serve immediately, garnished with favorite toppings.

#### TO MAKE THE BLACK BEAN SAUCE:

1. Combine all ingredients in a blender or food processor, and puree until smooth. Taste, and season with extra salt if needed. (Also feel free to add in an extra chipotle or a spoonful of extra adobo sauce if you would like a smokier black bean sauce.)

\*This recipe makes a large batch of sauce! Refrigerate any leftovers in a sealed container for up to 3 days or cut the recipe in half.

<https://www.gimmesomeoven.com/favorite-recipes-2017-2/>



## Best Lasagna Soup

- 1 lb. lean ground beef (90% lean)
- 1 large green pepper, chopped
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 2 cans (14-1/2 ounces each) reduced-sodium beef broth
- 2 cans (14-1/2 ounces each) diced tomatoes
- 1 can (8 ounces) tomato sauce
- 1 cup frozen corn
- 1/4 cup tomato paste
- 2 teaspoons Italian seasoning
- 1/4 teaspoon pepper
- 2-1/2 cups uncooked spiral pasta
- 1/2 cup shredded Parmesan cheese

### Directions

In a large saucepan, cook the beef, green pepper, onion and garlic over medium

heat until meat is no longer pink; drain.

- Stir in the broth, tomatoes, tomato sauce, corn, tomato paste, Italian seasoning and pepper. Bring to a boil. Stir in pasta. Return to a boil. Reduce heat; cover and simmer for 10-12 minutes or until pasta is tender. Sprinkle with Parmesan cheese. Yield: 8 servings.

<https://www.tasteofhome.com/recipes/best-lasagna-soup>



## Brats and Beer Cheddar



### Chowder

- 2 tbsp. butter or margarine
- 1 medium onion, finely chopped (1/2 cup)
- 1 medium carrot, coarsely shredded (1/2 cup)
- 3 large shallots, chopped
- 1 14 – oz. can vegetable broth or 1-3/4 cups vegetable stock
- 1/3 cup all-purpose flour
- 1 cup whole milk, half-and-half or light cream
- 1 tsp. caraway seeds, crushed
- 1/4 tsp. ground black pepper
- 10 oz. Wisconsin Aged Cheddar cheese or sharp cheddar cheese, shredded
- 4 cooked smoked bratwurst, knockwurst or Polish sausage (about 12 oz. total), halved lengthwise and sliced
- 1 12 – oz. can beer or 12-oz. bottle ale

### Directions

1. In a large saucepan, heat butter over medium heat. Add onion, carrot and shallots; reduce heat to medium low. Cook, stirring frequently, about 10 to 15 min. or until onion is very soft and golden.
2. In a large screw-top jar, combine broth and flour. Cover and shake until combined and smooth. Stir into the onion mixture. Add the milk, caraway seeds and black pepper. Cook over medium heat, stirring frequently, about 5 min. or until the mixture thickens. Gradually stir in the cheese; reduce heat to low. Cook, stirring frequently, until cheese melts, but do not boil. Stir in the bratwurst and beer. Cook, stirring frequently, until heated through. Serve with rye bread. Makes 4-6 main-meal servings (7 cups).

<http://www.midwestliving.com/recipe/soups/brats-beer-cheddar-chowderw/>

## Miner's Beef Stew

- 2 tbsp. vegetable oil
- 1 1/2 lb. boneless beef chuck steak, cut into 1-inch pieces
- 3/4 cup chopped onion
- 1 clove garlic, minced
- 3 tbsp. all-purpose flour
- 1 14 – oz. can beef broth
- 1/4 cup canned tomato puree
- 1 bay leaf
- 1 1/2 cups coarsely chopped carrot
- 1 cup coarsely chopped celery
- 1 cup coarsely chopped red sweet pepper
- 1 cup frozen pearl onions
- 1/2 cup frozen peas
- 1 1/2 tsp. bottled hot pepper sauce
- 1/4 tsp. dried thyme, crushed
- 1/4 tsp. ground black pepper
- Bread soup bowls (optional)



### Directions

1. In a 4-quart Dutch oven, heat oil over medium-high heat. Cook meat, half at a time, in hot oil until brown. Return all meat to Dutch oven. Add the chopped onion and garlic. Cook until onion is tender, stirring occasionally. Sprinkle flour over meat mixture. Cook and stir until flour is lightly brown. Stir in broth, tomato puree, and bay leaf. Bring to boiling; reduce heat. Cover and simmer for 1 to 1-1/2 hours or until meat is tender. Remove and discard bay leaf.
2. In a large saucepan, cook carrot, celery, sweet pepper, and the 1 cup pearl onions, covered, in a small amount of boiling salted water for 15 min. or until tender. Drain.
3. Stir drained vegetables, frozen peas, hot pepper sauce, thyme and black pepper into meat mixture; heat through. Season to taste.
4. If you like, serve stew in a bread bowl (hollow out before filling), or serve in shallow bowls. Makes 6 (1-cup) main-dish servings.

<http://www.midwestliving.com/recipe/stews/miners-beef-stew>

## And a little dessert to top it all off...



## Spiced Apple Dessert

- 1 cup all-purpose flour
- 1 cup sugar
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1 egg, lightly beaten
- 2 cups shredded peeled tart apples (about 2 large)
- 1/4 cup chopped walnuts or pecans

### CARAMEL SAUCE:

- 1/2 cup packed light brown sugar
- 2 tablespoons all-purpose flour
- 1/8 teaspoon salt
- 1 cup water
- 1 tablespoon butter
- 1/4 teaspoon vanilla extract

### Directions

1. In a large bowl, combine the flour, sugar, baking soda, cinnamon and salt. Combine egg and apples; add to flour mixture and mix well. Stir in nuts.
2. Transfer to an 8-in. square baking dish coated with cooking spray. Bake at 350° for 25-30 min. or until a toothpick inserted near the center comes out clean.
3. For sauce, in a small nonstick saucepan, combine the brown sugar, flour and salt. Gradually add water; stir until smooth. Cook and stir over medium heat until mixture comes to a boil. Cook and stir 1-2 min. longer or until thickened. Remove from the heat; stir in butter and vanilla. Serve with warm apple dessert. Yield: 9 servings.

<https://www.tasteofhome.com/recipes/spiced-apple-dessert>

