

# Saturday Soup Bowl Recipes

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SAINT MARK'S CHURCH  
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## ITALIAN SAUSAGE AND TORTELLINI SOUP

2 pounds sweet Italian sausage or chorizo sausage (chicken or turkey), casings removed  
2 cups chopped onion  
4 large garlic cloves, sliced  
8 cups beef stock or canned broth  
4 cups chopped tomatoes (about 3/4 pound)  
2 8-ounce cans tomato sauce  
2 large zucchini, sliced  
2 large carrots, thinly sliced  
2 medium-sized green bell peppers, diced  
1 cup dry red wine  
4 tablespoons dried basil  
4 tablespoons dried oregano

16 to 20 ounces purchased fresh cheese tortellini  
Freshly grated Parmesan cheese

Sauté Italian sausage in heavy Dutch oven over medium-high heat until cooked through, crumbling with back of spoon, about 10 minutes. Using slotted spoon, transfer sausage to large bowl. Pour off all but 1 tablespoon drippings from Dutch oven. Add onion and garlic to Dutch oven and sauté until translucent, about 5 minutes. Return sausage to Dutch oven. Add stock, tomatoes, tomato sauce, zucchini, carrot, bell pepper, wine, basil and oregano. Simmer until vegetables are tender, about 40 minutes. (Can be prepared 2 days ahead. Cover and refrigerate. Bring to simmer before continuing.) Add tortellini to soup and cook until tender, about 8 minutes. Season soup to taste with salt and pepper. Ladle soup into bowls. Sprinkle with Parmesan and serve.

Serves 12

## DAD'S CHICKEN SOUP

6 cups canned low-salt chicken broth  
3 onions, chopped  
6 celery stalks, chopped  
4 carrots, chopped  
4 large garlic cloves, chopped  
1 cups uncooked long-grain white rice  
3 tablespoons chopped fresh thyme or 2 teaspoons dried, crumbled  
2 cups diced cooked chicken  
Fresh chopped parsley

Bring first 5 ingredients to boil in heavy large pot or Dutch oven over high heat. Mix in rice and thyme. Return soup to boil. Reduce heat to medium and simmer soup uncovered until rice is tender, stirring occasionally, about 30 minutes. Add chicken and simmer until heated through, thinning with additional broth if desired. Season with salt and pepper. Transfer soup to large bowl. Garnish with parsley and serve.

Serves 12

## HEARTY BEEF AND VEGETABLE SOUP

3 tablespoons vegetable oil  
1 1/2 pound beef stew meat, cut into 1/2-inch cubes  
1 1/2 cup finely chopped onion  
3 garlic gloves, minced  
2 14 1/2-ounce can whole tomatoes, drained (juices reserved), chopped  
6 boiling potatoes (about 1 1/4 pounds) cut into 1-inch cubes  
1 1/2 cup chopped celery  
1 1/2 cup sliced carrots  
1 1/2 cups pearl barley  
1 cup shredded green cabbage  
3 bay leaves  
1 1/2 teaspoons dried basil  
8 cups canned beef broth  
3 10-ounce packages frozen mixed vegetables  
Chopped fresh parsley

Heat oil in heavy large Dutch oven over medium-high heat. Add beef and cook until brown, stirring occasionally, about 8 minutes. Add onion and garlic and sauté until onion is tender, about 5 minutes. Stir in tomatoes with juices and all remaining ingredients except frozen vegetables and parsley. Cover and simmer until meat is tender, about 1 hour 10 minutes. (Can be prepared 3 days ahead. Cover and refrigerate. Rewarm over medium heat before continuing.) Stir in frozen vegetables. Cover and simmer until vegetables are tender, about 10 minutes. Sprinkle soup with parsley and serve.

Serves 12.

## CHICKEN KALE SOUP

3 medium onions, chopped  
3 medium carrots, chopped  
4 stalks celery, chopped  
2 cloves garlic, minced  
¾ lb kale, chopped  
8 cups low sodium chicken broth or stock  
1 ½ lb cooked diced chicken  
2x 15 oz cans cannellini or other white beans  
½ tsp each dried oregano, basil, parsley, rosemary  
1 tsp dried thyme  
1 tsp black pepper  
1 cup small pasta (acini de pepe, ditalini, or similar)

Sauté onions, carrots, celery, garlic, and kale in pot until onions are translucent and kale has cooked down. Add chicken broth, chicken, beans, herbs, and simmer until heated through. Add pasta and simmer until tender. Add salt or herbs to taste if needed.

Makes 12 servings.

## BEEF AND BEAN CHILI

A fine version of a hearty classic.

Please bring some cheese and sour cream with you when you deliver the chili.

2 tablespoons olive oil  
4 large red onions, chopped  
2 teaspoons red pepper flakes  
10 garlic cloves, chopped  
2 pounds ground beef (15% fat)  
2 teaspoons chili powder  
3 teaspoons ground cumin  
2 teaspoons sweet paprika  
2 28-ounce cans diced tomatoes in juice  
4 15 1/4-ounce cans kidney beans, drained  
3 14-ounce cans beef broth  
Sour cream  
Grated cheddar cheese

Heat oil in heavy large pot over medium-high heat. Add onions; sauté until brown, about 6 minutes. Add garlic; sauté 1 minute. Add beef; sauté until brown, breaking up with back of fork, about 5 minutes. Add red pepper flakes, chili powder, cumin, and paprika, then mix in tomatoes with juices, beans, and broth; bring to boil. Reduce heat and simmer until chili thickens and flavors blend, stirring occasionally, about 45 minutes. Skim any fat from surface of chili. (Can be made 2 days ahead. Cool slightly. Refrigerate uncovered until cold, then cover and keep refrigerated. Bring to simmer before continuing, stirring occasionally.) Ladle chili into bowls. Serve, passing bowls of sour cream, grated cheese, green onions, and cilantro separately.

Makes 12 servings.

## CINNAMON BREAD PUDDING

Approximately 4 servings (1 foil chafing pan)

1 long loaf soft white bread or equivalent amount of leftover bread from Soup Bowl, hard crusts removed  
2 long loaves soft wheat bread, or equivalent  
2 ½ cups sugar  
½ cup raisins or dried cranberries  
6 tablespoons of butter, softened  
14 eggs  
½ lb. brown sugar  
5 cups of whole milk  
¼ cup ground cinnamon

Grease the chafing pan.

Slice or tear bread into 1" cubes and place in the pan. Let cubed bread sit out until hard/stale. Sprinkle raisins/cranberries on top.

### **Custard:**

Into a large bowl, break eggs. Add 2 ½ cups of sugar and ¼ cup cinnamon and beat or whisk until mixture is smooth.

Add the milk to sugar and egg mixture, beat or whisk to combine.

Pour this custard mixture over the bread in the pan. Press down on bread to aid absorption of custard.

Allow the pan to sit for several hours until bread soaks up custard.

Preheat oven to 350 degrees. Bake for 50 minutes, or until the center is set.

Remove pan from oven, and while still hot or warm, spread "hard sauce" over top of pudding.

### **Hard Sauce:**

Whisk or beat together butter and brown sugar.