

Pasta e Fagioli

Ingredients

- 2 teaspoons oil
- 1 pounds Ground Beef
- 2 Tablespoons dehydrated onions
- 1 medium onion, chopped
- 1 (10 oz.) bags shredded carrots
- 1/2 bunch of celery, with tops
- 2 (14.5 oz) cans Italian diced tomatoes
- 1 cans red kidney beans
- 1 cans white navy beans
- 1 ½ boxes beef stock
- 1 regular jar of spaghetti sauce about 32 oz.
- 8 oz. elbow pasta
- ½ teaspoon minced garlic
- 1 teaspoons Tabasco sauce
- 2 cubes beef bouillon
- salt and pepper to taste

Directions

Start browning meat in a skillet with the dehydrated onion. Warm oil in a large stock pot and begin sautéing carrots, onion, and celery. Add tomatoes and drained/rinsed beans. Add browned meat, beef stock, bouillon cubes, garlic, and spaghetti sauce. Stir in pasta. Add Tabasco, salt, and pepper to taste.

Let simmer for about 45 minutes and serve with a crusty bread.

Ashe-e Reshteh

Ingredients

- 2 Tbsp. extra virgin olive oil
- 2 large onions, chopped
- 6 cloves of garlic, minced
- ½ cup dry lentils, rinsed
- ½ cup basmati rice, rinsed
- 8 cups chicken broth (or vegetable broth if vegetarian)
- 1 can chickpeas
- 1 can kidney beans
- 3 tsp. turmeric
- 3 cups fresh parsley, washed and woody stems removed
- 2 cups fresh cilantro, washed and woody stems removed
- 1 cup fresh mint, washed and woody stems removed
- 1 bunch fresh chives or green onions
- 1 bag fresh spinach or baby spinach
- 2 oz. Persian Reshteh or spaghetti noodles
- Salt & Pepper to taste

Topping

- 1 Tbsp. extra virgin olive oil
- 1 large onions, sliced into very thin rings
- 3 Tbsp. dried mint
- Persian Kashk (may substitute sour cream or plain yogurt)

Directions

In a large stock pot or Dutch oven, pour olive oil and heat over medium-high heat. Add chopped onion and minced garlic. Sauté until tender, then add the lentils and basmati rice. Stir together.

Next, add 4 cups of water and 8 cups of chicken or vegetable broth. Pour in chickpeas, kidney beans, and turmeric.

Gather all of the herbs, spinach, and chives or green onions and finely chop all. Add these to the mixture in the pot. This should cook for about 30 minutes over low-medium heat.

While this is cooking, cook the topping ingredients by putting olive oil into a large skillet. Add thinly sliced onions and cook down until they begin to brown. Add the dried mint and cook another minute or so.

When soup is ready, put into serving dish or individual bowls. Top with a Tbsp or more of the onion/mint mixture. Serve with kashk or sour cream or plain yogurt.

French Onion Soup

Ingredients

- 3 tablespoons unsalted butter
- 4 - 5 large yellow onions, peeled and thinly sliced
- 2 quarts (2 boxes) beef stock
- 1 cup white wine
- 1 tablespoon sherry
- 1 tablespoon all-purpose flour
- 1 tsp. salt
- ½ teaspoon black pepper
- French bread cut into 1/2-inch slices
- 2 cups (or more) grated Gruyère cheese

Directions

Melt butter in a heavy saucepan or Dutch oven over medium heat. Add onions and salt. Stirring occasionally, allow onions to caramelize until golden brown over medium heat. This could take up to 30 minutes. In a separate saucepan, cook broth over low heat.

When the onions are nicely caramelized, add white wine and sherry to the onions and allow it to boil for about two minutes. Add in the flour and stir to thicken the mixture.

Slowly add warm broth to the onion mixture. Add salt and pepper to your taste and allow to simmer uncovered for about 10 minutes. Adjust salt and pepper if necessary.

While onion mixture is simmering, place sliced bread on a baking sheet and brush with melted butter or extra virgin olive oil. Turn on your oven's overhead broiler and toast the bread to a golden brown. Remove from oven to cool.

Place oven-safe bowls on baking sheet and ladle soup into each. Top with toasted bread slices. Sprinkle generously with shredded Gruyère. Broil for a minute or two, watching carefully, until cheese melts and browns.

Serve immediately.

Crab Corn Chowder

Ingredients

8 slices of bacon
2 stalks of celery, diced
1 red bell pepper, diced
1 medium onion, diced
1 (32 oz.) chicken broth
3 Tbsp. flour
3 cups of corn
1 lb. fresh lump crabmeat
1 cup heavy cream
1 tsp. salt
1 tsp. pepper
½ cup fresh cilantro, chopped

Directions

Cook bacon to a crispy crunch. I like to cook mine in the oven on a baking sheet. Drain on paper towels if necessary. Reserving 2 Tbsp. of bacon drippings and once cooled, crumble the bacon into small pieces. Set aside.

In a Dutch oven, add the bacon drippings, celery, red pepper, and onion. Sauté over medium-high heat until tender.

In a bowl, add chicken broth and flour and whisk until combined. Add this to the vegetable mixture in the Dutch oven. Bring to a boil, then reduce heat to medium and simmer about 20 minutes, stirring occasionally.

Gently stir in about half of the crabmeat, the heavy cream, most of the cilantro, and the salt & pepper. Cook for a few minutes, until heated through.

To serve, ladle chowder into serving dish or individual bowls. Top with bacon, additional crabmeat, and a pinch of cilantro. You can also serve with oyster crackers or a slice of crusty, fresh bread.