



Keystone Opportunity Center

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Keystone Opportunity Center Soup Night

November 17, 2011

SOUP RECIPES

Chicken Corn Soup

4lb. chicken (stewing)	½ tspn. pepper
2 hard boiled eggs	1 onion chopped
1 Qt. Corn	2 tspn. salt
1 cup fresh chopped parsley	1 cup chopped celery
Or ½ cup dried parsley	Rivels

Cut up chicken and put in pan with 3-1/2 quarts water: add onion, celery, 2 tbsp. salt, ½ tsp. pepper and stew until tender. Remove the chicken; cut meat, return to broth with corn.

Make rivels by combining 1-1/2 cups flour and a little salt and 1 beaten egg. Mix together with fingers to form crumbs. Add them to broth and boil 15 minutes more. Drop in the chopped hard boiled eggs and parsley.

IMPORTANT: Soup must be cooled thoroughly to avoid smothering (turning sour). Stir occasionally while cooling in refrigerator. Do not cover. If freezing, cool soup thoroughly before freezing.

Vegetarian Minestrone Soup

6 cups vegetable broth	2 carrots, chopped
2 large onions, chopped	3 ribs celery, chopped
2 garlic cloves, minced	1 small zucchini, cubed
1 handful fresh kale, chopped	½ c. dry barley
1 can chickpeas or white kidney Beans, drained	1 Tbsp. parsley
1 tsp. dried oregano	½ tsp. dried thyme
1 tsp. salt	28oz. can crushed Italian tomatoes
	¼ tsp. pepper

Combine all ingredients in slow cooker. Cover. Cook on low 6-8 hours or until vegetables are tender.

If bringing hot soup to the church on November 17, please have there by 4:30pm. If you will be bringing frozen or cold soup before November 17 please contact Brenda Oelschlager to arrange for a drop-off time.



104 Main Street • P.O. Box 64183 • Souderton, PA 18964

Phone: 215-723-5430 • Fax: 215-721-3357

E-mail: office@keystoneopp.org • www.keystoneopportunity.org



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