

A top-down photograph of a white bowl with a blue rim, filled with a vibrant orange soup. The soup is garnished with small cubes of white cheese, several green pumpkin seeds, and a dusting of red spices. The bowl sits on a light-colored, textured surface. In the background, there are more ingredients: a green leaf, a slice of green vegetable, and a small green chili pepper. A semi-transparent orange rectangle is overlaid on the top half of the image, containing the title text.

St. John Neumann Parish

SOUP & STATIONS COOKBOOK

LENT 2022

Image by Cayla via Unsplash

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Introduction

St. John Neumann usually marks Lent with a Soup and Stations on Friday evenings with a speaker series. During the COVID-19 pandemic, while the Stations of the Cross and speaker series has moved virtual, we cannot gather for a soup meal. Instead, this cookbook is a collection of soup recipes submitted by the parishioners of SJN. While we cannot eat together in person, we can sit down in our homes and share a meal separately.

You may choose to enjoy a bowl of soup while listening to the speaker or whenever your family typically eats dinner. Recipes are organized by suggested weeks and marked if they are gluten or dairy free (they are all, of course, meatless). The ministry sponsoring that week's Stations of the Cross as well as the speaker is also included.

Stations of the Cross is 7-7:30 p.m. followed by a speaker. The theme of this year's speaker series is: "I was a prisoner and you visited me." Use the recurring Zoom link to join each Friday's program: <https://us02web.zoom.us/j/84871031613?pwd=Zi85ZHNKeFRZYW1VcE9PVkZWRkpYZz09>

Find all the ways you can observe Lent at SJN, as well as find seasonal resources, at saintjn.org/6059/lent-and-easter-2021.

February 19

Sponsoring Ministries: [Pastoral Council](#), [ACTION Committee](#), [Shawl Ministry](#), [Young Adults](#)

Speaker: Fr. Don Heet, OSFS

Tomato Bisque

Original recipe from: Jason Meringolo, from Twisted Cork Café, St Thomas, USVI

Number of servings: 10

Prep: 10 Minutes | Cook: 40 minutes

Ingredients

- 4 stalks celery, minced
- 4 medium carrots, peeled and minced
- ½ of a large onion, peeled and minced
- 3 cloves garlic, peeled and minced
- 3 tablespoons butter
- 2 tablespoons olive oil
- ¼ cup flour
- 4 cups low-sodium vegetable broth
- 2 14 ounces cans diced tomatoes with juice
- 1 tablespoon dried basil or ¼ cup fresh basil, chopped
- 1 teaspoon dried oregano or 1 tablespoon fresh oregano
- 1 teaspoon salt
- ½ teaspoon EACH dried parsley and black pepper
- 1 bay leaf
- 1 to 2 cups heavy cream
- 1 cup freshly grated Parmesan cheese (plus more for serving)

Directions

Melt butter in oil in large Dutch oven/soup pot over medium heat. Turn heat to medium high, add minced vegetables, and sauté for 4 minutes. Sprinkle in flour and continue to cook 1 minute, stirring constantly.

Gradually whisk in vegetable broth followed by tomatoes and all seasonings. Add bay leaf. Bring to a boil, then reduce heat and simmer for 15 minutes or until carrots are tender.

Remove bay leaf and puree with an immersion blender or, working in batches, transfer soup to blender and puree until smooth. ***Using a blender will give you a *much* smoother, creamier soup.***

Add Parmesan cheese and whisk to blend. Stir in cream and gently simmer an additional 15-20 minutes on low, stirring occasionally. Stir in additional vegetable broth or cream to reach desired consistency. Season with salt and pepper to taste.

Notes

To serve: Top with each bowl with croutons and Parmesan cheese.

Lentils and Pasta Soup

Original recipe from: Vernetta Gaiani

Dairy free | Can be gluten free

Number of servings: 8

Preparation/cooking time: less than 1 hour, including cooking

Ingredients

EVOO

1 medium onion, chopped

2 large cloves garlic, sliced or minced

1 lb. French green lentils, rinsed and sorted *

1 28 ounces can tomato sauce

1 tomato can of water

1 quart broth (or all water)

4 carrots chopped

2 sliced celery

Fresh spinach or escarole — optional but good!

1 lb. cooked pasta, for serving (optional)

Directions

Cook the pasta according to package directions.

Sauté onion in olive oil with a good pinch of salt until tender. Add garlic, and stir and gently cook for about 30 seconds.

Add lentils, tomato sauce, and fluids, and simmer for 20 minutes.

Add carrots and celery, and simmer for 10 more minutes.

Notes

If using brown lentils, add 20 to 30 minutes more cooking time.

If you have fresh spinach or escarole: break the leaves in half and add at the end while pasta is cooking. Escarole will take longer to cook.

Tiny shell pasta works great! Hunts brand tomato sauce is our family favorite for this recipe.

February 26

Sponsoring Ministries: [Social Justice Committee](#) and [Music & Liturgy](#)

Speaker: John Horejsi, SALT

Lolly's Minestrone

Original recipe from: Charlotte Peed

Gluten free | Can be dairy free

Number of servings: 4-6

Preparation time 30 minutes | Cook time: 45-50 minutes

Ingredients

¼ cup olive oil

1 medium onion, chopped

1 large carrot, chopped

1-2 stalks of celery, chopped

salt and pepper

2 large potatoes, peeled and cut into 1-inch chunks or 1 cup of small pasta

1½ cup cooked tomatoes

1 medium zucchini, cut into 1-inch pieces

1 small bag of organic baby spinach

1 16-ounce can cannellini beans, drained

½ cup freshly grated Parmesan cheese (optional)



Directions

In a large pot, heat the olive oil over medium heat. Add onion, carrot, and celery. Sprinkle with salt and pepper, and cook 10-15 minutes, stirring frequently.

Add potatoes and sprinkle with more salt and pepper. Cook 10-15 minutes until lightly browned.

Add 6 cups of water and stir to scrape up the brown bits. Add the tomatoes and bring to a boil; then lower heat and simmer for 15 minutes.

Add zucchini, spinach, and beans, and cook for another 10 to 15 minutes. Add Salt and pepper to taste.

Serve with freshly grated Parmesan cheese.

Notes

I really like adding the small tortellini with pesto filling available at Trader Joe's.

Cream of Leek and Potato Soup (Vichyssoise)

Submitted by: Harry Lins

Number of servings: 6

Preparation/cooking time: 45 minutes

Ingredients

- 4 tablespoons butter
- 1 onion, coarsely chopped
- 3 leeks, washed and finely sliced
- 2 tablespoons flour
- 1 quart chicken stock
- 2 large potatoes, peeled and sliced
- 1 tablespoon salt
- ¼ tsp fresh ground pepper
- 1 cup heavy cream
- 1 tablespoon finely chopped chives
- 1 tablespoon finely chopped parsley
- ¼ teaspoon Worcestershire sauce
- dash of Tabasco sauce
- ½ teaspoon lemon juice
- croutons, for garnish



Directions

Melt the butter in a heavy pot over low heat. Add the onion and leeks, and cook, stirring often, for 10 to 12 minutes — do not brown.

Thoroughly stir in the flour, add the stock, and bring to a full boil.

Add the potatoes, salt, and pepper, and simmer until the potatoes are tender, 15 to 20 minutes.

Puree the soup in a food processor or blender until smooth. If serving the soup hot, continue to next step. If serving cold, chill before proceeding.

Before serving, blend in the cream with a whisk, and add chives, parsley, Worcestershire sauce, Tabasco, and lemon juice. Taste and adjust seasonings. Top each serving of the soup with several croutons.

Recipe Attribution: Adapted from: Haeringer, J.E., 1985. The Chez François Cookbook: The Cuisine of François R. Haeringer. Reston Pub. Co., Reston, p. 6.

March 5

Sponsoring Ministry: [Faith Formation](#)

Special Reflection Concert, "By Our Love," by Tom Kenzia

Tomato Basil Soup (with some spice)

Original recipe from: Allison Wagner

Gluten free

Number of servings: 10 to 12 (freezes well)

Preparation/cooking time: 35 minutes

Ingredients

1 14.5-ounce can diced tomatoes with green chilies

2 14.5-ounce cans diced tomatoes

2 cups V8 Spicy juice

2 cups vegetable broth

12 to 14 fresh basil leaves

1 cup half-and-half

1 tablespoon butter

¼ teaspoon pepper

Directions

Combine tomatoes and V8 juice in a large pot. Simmer for 30 minutes. Add basil leaves.

Blend until smooth with immersion blender, or pour into blender 2 cups at a time and blend until smooth, then return to the pot. Add the remaining ingredients and heat through.

Notes

If you don't like the spice, replace the tomatoes with green chilies with another can of diced tomatoes and use regular V8 juice.

Maryland Cream of Crab Soup

Submitted by: Harry Lins

Number of servings: 6-7

Preparation/cooking time: 30 minutes

Ingredients

1 pint whole milk
1 quart half-and-half
1 quart heavy whipping cream
1 pound jumbo lump crabmeat
1 tablespoon fresh parsley, chopped
3 teaspoons Old Bay seasoning
¼ cup butter
½ teaspoon salt
⅛ teaspoon pepper
1 tablespoon cornstarch
2 teaspoons water
dry sherry, to taste (2 to 3 tablespoons is suggested)



Directions

Bring milk, half-and-half, and heavy whipping cream to a boil.

Add crabmeat, parsley, Old Bay seasoning, butter, salt, and pepper and return to a boil.

Make a slurry with the cornstarch and water and add to thicken the soup. About 5 minutes before serving, add the dry sherry.

Serving suggestion: Top each serving with Old Bay, chopped parsley, and oyster crackers.

Notes

This soup is extremely rich, and an 8-ounce (240 gram) serving contains about 560 calories.

Recipe Attribution: Attributed to Ms. Charlese Smith and is the Grand Prize Winner in the Soup Division of the 53rd Annual National Hard Crab Derby held in Crisfield, MD (2000).

March 12

Sponsoring Ministries: [Kairos](#), [Pro Life](#), and [Knights of Columbus](#)

Speaker: Members of the Kairos ministry at SJN

Roasted Cauliflower Soup

Original recipe from: Jason Meringolo, from Twisted Cork Café, St Thomas, USVI

Gluten free

Number of servings: 10

Prep: 10 minutes | Cook: 60 minutes

Ingredients

10 garlic cloves

4 tablespoons olive oil, divided

Kosher salt and freshly ground black pepper

4 heads cauliflower, cut into florets

½ cup Parmesan cheese (optional)

1 onion, diced

5 cups vegetable stock

3 fresh thyme sprigs

2 bay leaf

1 cup heavy cream

Directions

Preheat oven to 400° F.

Toss cauliflower and garlic in olive oil with a pinch of salt and pepper and Parmesan cheese, if using. Place cauliflower florets in a single layer onto the prepared baking sheet.

Place into oven and roast until cauliflower and garlic is tender and golden brown, about 30-35 minutes.

Heat remaining 1 tablespoon olive oil in a large stockpot or Dutch oven over medium heat. Add onion, and cook, stirring occasionally, until tender, about 3-4 minutes. Stir in vegetable stock, thyme, and bay leaf. Bring to a boil; reduce heat and simmer, covered, for 5 minutes.

Stir in cauliflower and garlic. Bring to a boil; reduce heat and simmer, covered, until cauliflower is tender and falling apart, an additional 10 minutes. Working in batches, add to a blender and blend until smooth.

Stir in heavy cream; season with salt and pepper, to taste. Return to stove and simmer for 5 minutes. If the soup is too thick, add more vegetable stock as needed until desired consistency is reached.

Notes

Save a few smaller roasted cauliflower florets and top soup when serving.

Meemee's Tomato Soup

Submitted by: Julia Sullivan

Number of servings: 12

Preparation/cooking time: 15 minutes prep time plus 1 hour simmer time

Ingredients

¾ cup butter

½ cup onion, chopped

½ cup celery

½ cup flour

64 ounces tomato juice (Campbell's works well)

1 quart broth

1 teaspoon basil

½ cup brown sugar

½ teaspoon pepper

1 tablespoon salt

½ teaspoon thyme

2 tablespoon butter

Directions

Sauté first three ingredients in butter, and then add flour. Don't let the butter burn.

Add the remaining ingredients and simmer for at least one hour.

Use a handheld blender or put in blender and puree. Serve immediately.

Recipe Attribution: Julia Sullivan's mother-in-law (RIP), Lucille Kropp

March 19

Sponsoring Ministries: [Care for Our Common Home](#), [Pax Christi](#), and [JustFaith](#)

Speaker: Derwin Overton, CEO of OAR

West African Peanut Soup

Submitted by: Mary Sabo

Dairy free | Gluten free

Number of servings: 3-4

Preparation/cooking time: approximately one hour

Ingredients

1 tablespoon vegetable oil

1 small onion, chopped

1 small celery rib, chopped

½ teaspoon sea salt, plus more to taste

1 tablespoon peeled, grated fresh ginger root

1½ teaspoons Tabasco or other hot sauce, plus more to taste

12 ounces sweet potatoes, peeled, then cut into ½-inch pieces

1½ cups water

1½ cups tomato juice, preferably low-sodium

½ cup creamy peanut butter

2 tablespoons chopped cilantro leaves, plus a few leaves for garnish

1 scallion, white and green parts, cut crosswise into thin slices, for garnish

Directions

Pour the oil into a medium soup pot over medium heat. Add the onion, celery, and salt; cook, stirring frequently, until softened, 10 to 15 minutes. Stir in the ginger and Tabasco. Add the sweet potatoes and water. Increase the heat to medium-high and bring to a boil, then reduce the heat to medium or medium-low so the liquid is barely bubbling around the edges. Cover and cook until the vegetables are very tender, 15 to 20 minutes.

Add the tomato juice and peanut butter. Use an immersion (stick) blender to create a creamy, pureed soup. (If you use a blender instead, work in batches and remove the center knob in the lid, placing a paper towel over the opening to avoid splash-ups. Pour back into the soup pot.)

Stir in the chopped cilantro and warm through. Taste, and add salt and/or hot sauce as needed. Divide among bowls and top with the scallions and cilantro leaves. Serve hot.

Recipe Attribution: Washington Post, Oct. 9, 2013

Farro Soup

Submitted by: Bernard O'Reilly

Dairy free

Number of servings: approximately 30 (freezes well)

Preparation/cooking time: 9 hours inactive, 3 hours active

Ingredients

1 lb. dry small red beans

12 ounces farro

3½ quarts water

1 medium yellow onion (~6 ounces)

2 carrots

2 ribs celery

2 tablespoons tomato paste

2 cloves of garlic

salt and pepper, plus herbs such as parsley and thyme to taste

Directions

Prepare the beans by inspecting to remove any pebbles or extraneous matter and soaking overnight in 2 quarts water. Drain and rinse.

Cook the beans in 3½ quarts water, in a large (8 quart) pot, bringing to a boil and simmering.

While the beans are cooking, chop the vegetables and mince the garlic.

Cook the vegetables in olive oil in a skillet, and add the garlic, tomato paste, and herbs and spices.

Use a blender to smooth out half of the cooked beans.

Put the blended beans and the cooked vegetables in the pot, add the farro, stir, add more water if necessary, and cook for another hour. Taste, adjust seasonings, and serve.

Notes

This recipe is scaled for the 1 lb. package in which beans are sold, and the 24 ounces package of farro. It can be scaled down (or up) as desired. Farro soup is a good source of fiber. It can be frozen. Farro, also called spelt, is a coarse grain. It has been cultivated since ancient times and was a staple food of the Roman legions. Whole-grain farro is available from Amazon. MOM's Organic Market in

Herndon has had pearled farro, from which the bran has been removed.

Recipe Attribution: Gli Orti di Via Elisa restaurant in Lucca, Italy

March 26

Sponsoring Ministries: [Racial Justice Ministry](#), [Hispanic Ministry](#), and [Welcome the Stranger](#)

Speaker: Kari Galloway and residents of Guest House

Dorkie's Chowder

Submitted by: Annette Blesi-Hudenburg

Number of servings: 6

Preparation/cooking time: approximately 50 minutes

Ingredients

2 tablespoons margarine

½ cup diced onion

2 chicken bouillon cubes

1 cup water

2 cups diced potatoes

One 10 ounces package frozen mixed vegetables

One 10 ounces package frozen corn kernels

¼ cup all-purpose flour

3 cups milk

Salt and freshly ground pepper

Directions

In a large, heavy casserole or saucepan, melt the margarine. Add the onion and cook, stirring, over moderate heat until softened but not browned, about 3 minutes.

Crumble the bouillon cubes over the onion and add the water to the casserole. Stir in the potatoes, mixed vegetables, and corn. Cover and cook, stirring occasionally, until the vegetables are tender, about 20 minutes.

In a medium bowl, whisk the flour with ¼ cup of the milk until smooth and creamy. Blend in the remaining milk gradually, to avoid forming lumps, then pour the milk into a large saucepan and cook until thickened slightly, about 5 minutes. Stir the milk mixture into the vegetables. Simmer, uncovered, stirring frequently, for 15 minutes. Add salt and pepper to taste.

Notes

If using red-skinned potatoes, it is not necessary to peel them. 2 cups diced ham can also be added to this recipe along with the milk mixture in step 3.

Recipe Attribution: Diana Sturgis, winner of the 2000 Friends Recipe Contest, March/April 2000 issue

Apple-Rutabaga Soup

Submitted by: Maureen Sweet

Gluten free

Number of servings: 6-8

Preparation/cooking time: approximately one hour

Ingredients

4 ounces (1 stick) unsalted butter

1 cup onion, coarsely chopped

1 cup Granny Smith apple, peeled, cored, and coarsely chopped

1 cup rutabaga, peeled and coarsely chopped

1 cup butternut squash. Peeled, seeded, and coarsely chopped

1 cup carrots, peeled and coarsely chopped

1 cup sweet potato, peeled and coarsely chopped

1 quart stock

2 cups heavy cream (may substitute 1 cup fat free half and half for one of the cups of heavy cream)

¼ cup maple syrup

1½ teaspoon salt

1½ teaspoon cayenne pepper

Directions

In a large saucepan over medium heat, melt the butter. Add the onion, apple, rutabaga, squash, carrots, and sweet potatoes and cook, stirring occasionally, until the onions are translucent, about 5 to 10 minutes. Add the stock and increase the heat to medium-high to bring to a boil. Reduce the heat and cook for 20 to 25 minutes or until all of the vegetables are tender and cooked through.

Transfer batches to a food processor or blender and puree until smooth. Using a fine-mesh strainer, strain the mixture and return it to the saucepan. Add cream, maple syrup, salt, and cayenne pepper. Return the saucepan to the stove on medium to high heat to heat the soup through. Garnish with sour cream and chives if desired.

Recipe Attribution: From the Washington Post about 2005: "Leave it to Patrick O'Connell (owner/chef – Inn at Little Washington) to think of using maple syrup to sweeten this dish. The syrup makes a

great counterpoint to the heat of the cayenne pepper. The soup can be served hot or cold and it freezes well. From Refined American Cuisine by Patrick O'Connell.

This recipe was included in SJN's Lenten Soups Addendum: Good for Body and Soul, compiled by SJN parishioners and published March 14, 2008.