

Chicken and Rice Soup

Serves 6

Ingredients:

3/4 lb. chicken, diced and cooked	1 clove garlic, minced
2 cans (15 oz. each) chickpeas	1/8 tsp. cumin
1/2 cup rice, dry	1/8 tsp. nutmeg
1 small onion, diced	1/8 tsp. coriander
2 cups vegetable stock	1/8 tsp. ginger
1/4 tsp. pepper	1/8 tsp. cinnamon
2 cans (15 oz. each) stewed tomatoes	Salt and pepper, to taste

Instructions:

1. Cook rice according to directions on package.
2. In a large pot, combine the chickpeas, chicken, stock, onions, garlic, and pepper. Bring to a boil, reduce heat, and simmer. Cover and cook for 30 minutes.
3. Add cooked rice and tomatoes. Bring to a boil, then reduce heat and simmer, covered, for 15 minutes.
4. Add seasonings and let simmer another 10 to 15 minutes.

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Recipe card



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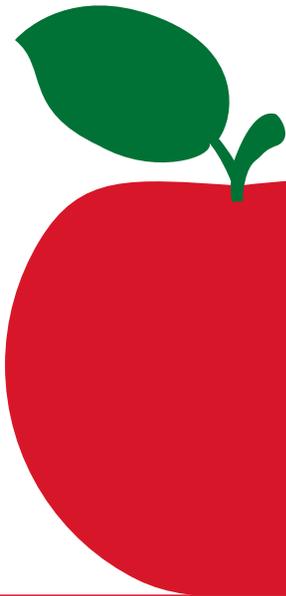
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Chicken Corn Chowder

Serves 6

Ingredients:

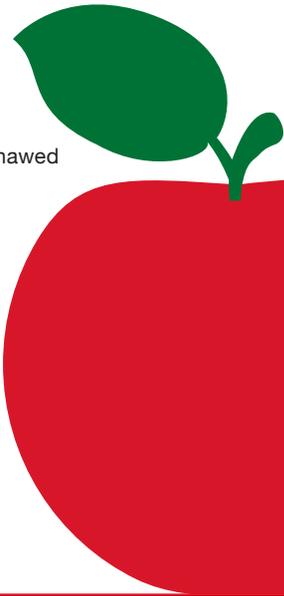
1 1/4 lb. chicken, diced and cooked	2 cups vegetable stock
1 tbsp. butter	1 can (15 oz.) potatoes, sliced and drained
1 tbsp. vegetable oil	1/2 lb. corn and peppers, thawed
1 small onion, diced	1 cup low-fat milk
1 cup celery, diced	Salt and pepper, to taste
2 tbsp. flour	

Instructions:

1. Melt butter in a large stock pot. Add oil. Add onions and cook for 2 to 3 minutes or until onions are translucent.
2. Add celery and cook an additional 5 minutes.
3. Add flour to vegetables, coating them. Cook for 5 minutes over medium heat.
4. Slowly add stock. Stir well.
5. Add potatoes and chicken. Bring to a gentle simmer.
6. Add corn and milk. Heat through, but do no boil.
7. Season to taste.

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Chicken Corn Chowder

Serves 6

Ingredients:

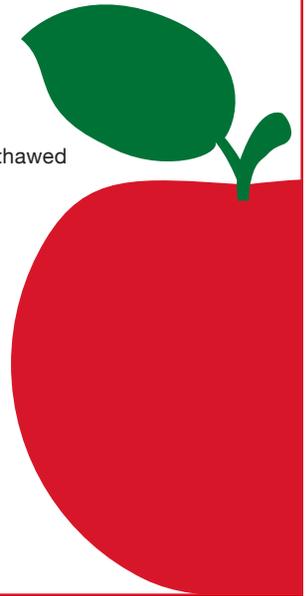
1 1/4 lb. chicken, diced and cooked	2 cups vegetable stock
1 tbsp. butter	1 can (15 oz.) potatoes, sliced and drained
1 tbsp. vegetable oil	1/2 lb. corn and peppers, thawed
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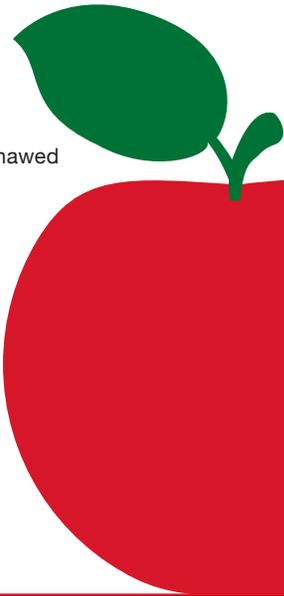
1 1/4 lb. chicken, diced and cooked	2 cups vegetable stock
1 tbsp. butter	1 can (15 oz.) potatoes, sliced and drained
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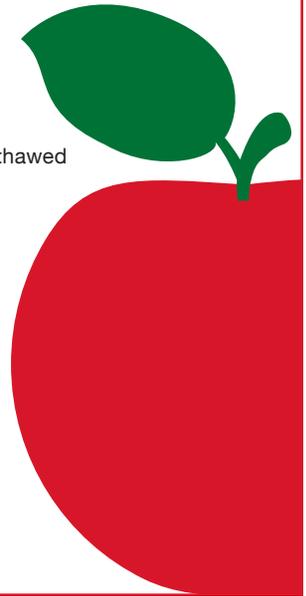
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Firehouse Chicken Chili

Serves 6-8

Ingredients:

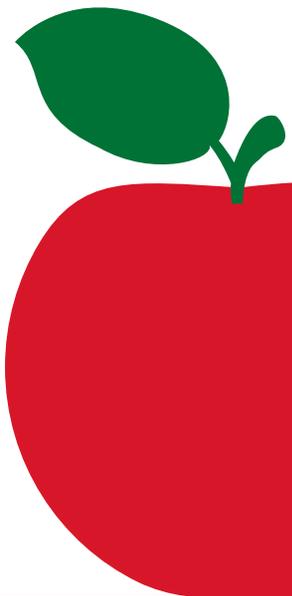
3/4 lb. diced chicken, thawed and cooked
1/2 lb. lentils, rinsed
2 cups tomato sauce
2 1/2 qt. chicken or vegetable stock
1 tbsp. onion powder
1/2 tbsp. garlic powder
1 tbsp. chili powder
1/2 tbsp. cumin
1/4 tsp. pepper

Instructions:

1. Combine all ingredients in a large pot and bring to a boil.
2. Reduce heat, cover, and simmer for 25 to 30 minutes or until lentils are tender.

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Firehouse Chicken Chili

Serves 6-8

Ingredients:

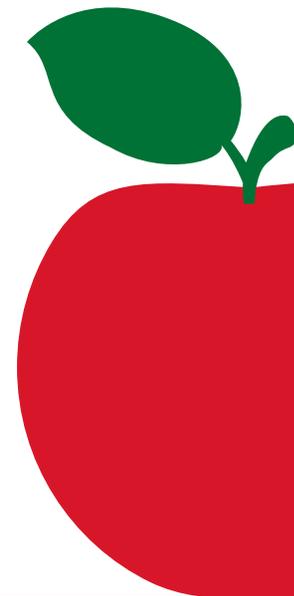
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1/2 lb. lentils, rinsed
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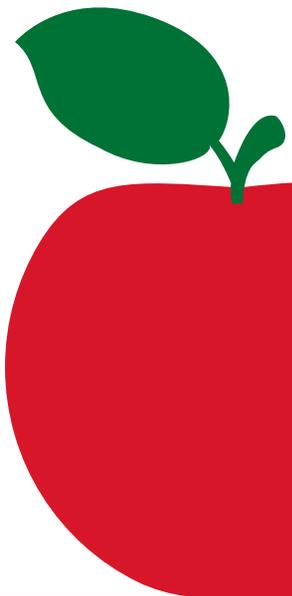
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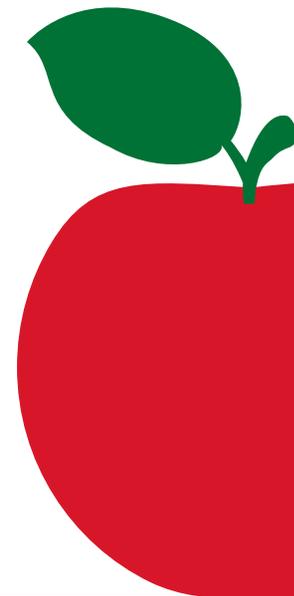
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Lentil and Tomato Soup

Serves 8

Ingredients:

2 tbsp. vegetable oil	2 1/2 qt. vegetable stock
1 3/4 cups onions, diced	1 tbsp. garlic, minced
3/4 cup celery, diced	1 tbsp. cumin
3/4 cup carrots, diced	1 tbsp. chili powder
3/4 lb. lentils, dried	Salt and pepper, to taste
1 can (15 oz.) tomatoes, diced	

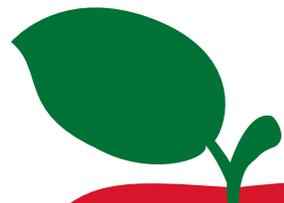
Instructions:

1. Sauté onions, carrots, and celery over medium heat for 5 minutes. Add garlic, cumin, and chili powder. Add lentils and stir to coat.
2. Add stock and tomatoes. Cook over low heat until lentils start to fall apart. Purée soup until creamy (optional).
3. Season to taste with salt and pepper.
4. Ladle into bowls.

**Great served over brown rice.*

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Lentil and Tomato Soup

Serves 8

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2 tbsp. vegetable oil	2 1/2 qt. vegetable stock
1 3/4 cups onions, diced	1 tbsp. garlic, minced
3/4 cup celery, diced	1 tbsp. cumin
3/4 cup carrots, diced	1 tbsp. chili powder
3/4 lb. lentils, dried	Salt and pepper, to taste
1 can (15 oz.) tomatoes, diced	

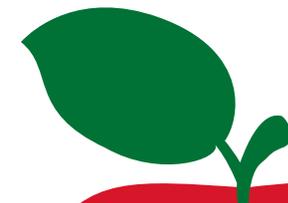
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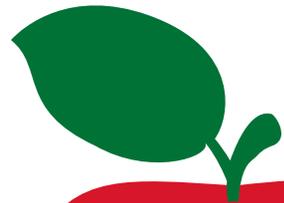
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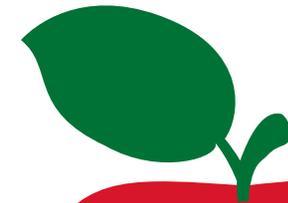
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Vegetarian Bean Chili

Serves 6-8

Ingredients:

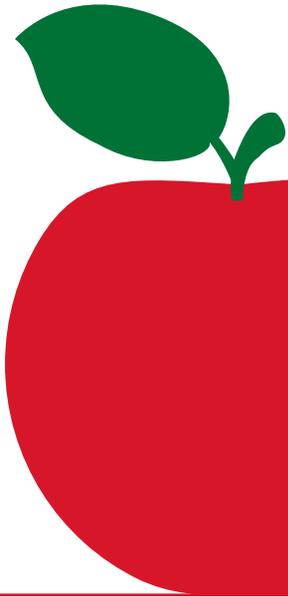
2 cans (15 oz. each) kidney beans, drained
2 cans (15 oz. each) pinto beans, drained
2 cans (15 oz. each) diced tomatoes
1 can (15 oz.) tomato sauce
1 oz. taco seasoning
1 tsp. coriander
1 tsp. oregano
1 tsp. chili powder

Instructions:

1. Combine beans and seasonings in a large pot.
2. Stir in tomatoes and tomato sauce. Mix well.
3. Bring to a boil. Reduce heat and cover. Simmer slowly, stirring occasionally, until thickened (about 30 to 60 minutes) and internal temperature has reached 145 degrees.

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Vegetarian Bean Chili

Serves 6-8

Ingredients:

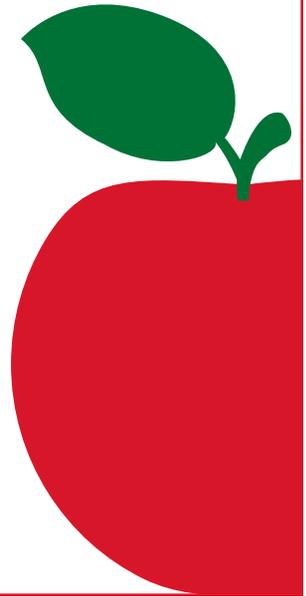
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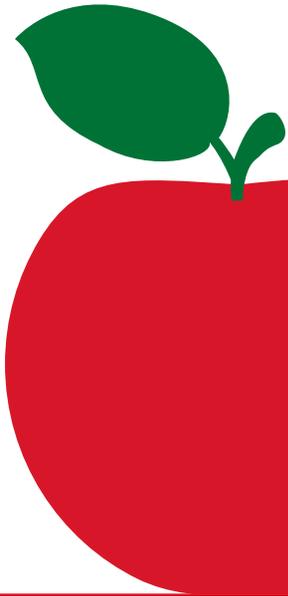
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