

INDIANAPOLIS HIKING CLUB WINNING SOUP RECIPES

November 2, 2013

The Club held a its first soup cook-off on November 2, 2013. In all 13 wonderful homemade soups were entered in the contest. About 60 Club members and guests attended. Everyone sampled all 13 soups and then voted on which they liked best. The following three soup recipes, submitted by Cherie Seeman, June Sergi and Debi Cox, received the most votes and are presented for your enjoyment.

POTATO SOUP WITH SHRIMP

Recipe submitted by Cherie Seeman. This was the top vote getter in the contest.

Ingredients

2-3 lbs. red potatoes, peeled and quartered
8 cups of water
2 Tbls. instant chicken bouillon granules
1/4 -1/2 cup Idahoan Home Style instant potato flakes
2 cups celery, chopped
4 cloves garlic, minced
3 Tbls. olive oil
1lb. fresh shrimp, peeled and deveined
Dash or two of red pepper mix *(see below)
Salt and pepper to taste

Preparation

Add water, potatoes and bouillon granules to a large saucepan. Cook until potatoes are fork tender and beginning to fall apart. When potatoes are done, do not drain, but coarsely mash or break apart with a fork. Add the potato flakes to thicken the soup. (Add more or less, depending on how thick you would like the soup).

In a sauté pan sauté celery and 1 clove of minced garlic in 1Tbl. of olive oil while potatoes are cooking. Add the sautéed celery and garlic to the soup.

Sauté the shrimp in the remaining 2Tbls. olive oil and the remaining 3 cloves of minced garlic until the shrimp are just turning pink (i.e., not completely cooked). The shrimp will continue to cook in the soup. Cut the shrimp into bite size pieces and add to the soup.

Cook soup on low heat, stirring frequently. Add a dash or two of red pepper mix and salt and pepper to taste. Serve and enjoy.

*I use Shichim Togarashi (also known as “six spice”). You can get this spice at the Asian market located behind Castleton, right across from Costco. It is a great addition to many recipes for that extra “kick”!

TACO SOUP

Recipe submitted by June Sergi. This soup received the second most votes.

Ingredients

1 lb ground beef
1 medium onion
2 cups water
1 28 oz can diced tomatoes juice and all
1 15 oz can kidney beans (drained)
1 15 oz can black beans (drained)
1 15 oz can corn (drained)
1 4 ½ oz chopped green chilies (drained)
1 pkg taco seasoning mix
1 12 or 16 oz can tomato sauce

Preparation

In a large skillet brown ground beef, drain off fat and then add all ingredients and bring to a simmer. Great served with grated cheese, sour cream and Fritos.

CREAMY POTATO SOUP

Recipe submitted by Debi Cox. This soup received the third most votes.

Ingredients

5 medium potatoes - peeled, cubed in small pieces
1/4 cup butter
1/4 cup chopped onion
1/2 tsp. salt & 1/8 tsp. pepper
2 cups milk
2 tsp. chicken bouillon granules
1 can cream of chicken soup
Optional shredded cheese and chopped green onion for garnish

Preparation

Place cubed potatoes in a 4-quart pan and add enough water to cover potatoes. Cook over medium heat until boiling then cook 10-12 minutes longer until potatoes are tender. Remove from heat and drain, leaving potatoes in the pan.

Melt butter in 10 inch skillet over medium heat until sizzling, add onion cook until onion softens, stir in bouillon and when dissolved add milk, salt, pepper and cream of chicken soup. Mix well.

Add contents of skillet to cooked potatoes. Pour 1/2 of soup and potatoes into a blender and blend until smooth.

Return blended mixture into pan with left over potatoes and cook 3-5 minutes longer.

Top with cheese & green onion, if desired. ENJOY!