

We're heading into soup, stew, and chili weather. Here are some tasty soup recipes to take away the chill. We also have bread and biscuit recipes to accompany your soup. And, of course, we included a dessert.

Let us know if there is something you would like us to put in our column, or if you have a recipe to share, please submit to [ads@thedrummer.com](mailto:ads@thedrummer.com).

## Cabbage and Beef Soup

*Prep Time: 10 min.*

*Cook Time: 70 min.*

*Yield: 12 servings (3 quarts)*

1 lb. lean ground beef (90% lean)  
1/2 tsp. garlic salt  
1/4 tsp. garlic powder  
1/4 tsp. pepper  
2 celery ribs, chopped  
1 can (16 oz.) kidney beans, rinsed & drained  
1/2 med. head cabbage, chopped  
1 can (28 oz.) diced tomatoes, undrained  
3-1/2 cups water  
4 tsp. beef bouillon granules  
Minced fresh parsley

In a Dutch oven, cook beef over medium heat until no longer pink, breaking it into crumbles; drain. Stir in the remaining ingredients except parsley. Bring to a boil. Reduce heat; cover and simmer for 1 hour. Garnish with parsley.

## English Pub Split Pea Soup

*Prep Time: 15 min.*

*Cook Time: 5 hours*

*Yield: 8 servings (2 quarts)*

1 meaty ham bone  
1-1/3 c. dried green split peas, rinsed  
2 celery ribs, chopped  
1 lg. carrot, chopped  
1 sweet onion, chopped  
4 c. water  
1 bottle (12 oz.) light beer  
1 T. prepared English mustard  
1/2 c. 2% milk  
1/4 c. minced fresh parsley  
1/2 tsp. salt  
1/4 tsp. pepper  
1/4 tsp. ground nutmeg  
Additional minced fresh parsley, opt.

Place ham bone in a 4-qt. slow cooker. Add peas, celery, carrot, and onion. Combine water, beer and mustard; pour over vegetables. Cook, covered, on high 5-6 hours or until peas are tender.

Remove ham bone from soup. Cool slightly, trim away fat and remove meat from bone; discard fat and bone. Cut meat into bite-sized pieces; return to slow cooker. Stir in remaining ingredients. If desired, top with additional minced parsley.

## White Chicken Chili

*Yield: 6 servings*

*Prep Time: 15 min.*

*Cook Time: 35 min.*

*Ready in: 50 min.*

*Submitted by Valerie Botzet*

1 small yellow onion, diced  
1 T. olive oil  
2 cloves garlic, finely minced  
2 (14.5 oz.) cans low-sodium chicken broth  
1 (7 oz.) can diced green chilies  
1-1/2 tsp cumin  
1/2 tsp. paprika  
1/2 tsp. dried oregano  
1/2 tsp. ground coriander  
1/4 tsp. cayenne pepper  
Salt & freshly ground black pepper, to taste  
1 (8 oz.) pkg. Neufchatel cheese, cut into small cubes  
1-1/4 c. frozen or fresh corn

2 (15 oz.) cans cannellini beans  
2-1/2 cups shredded cooked rotisserie or left-over chicken  
1 T. fresh lime juice  
2 T. chopped fresh cilantro, plus more for serving  
Tortilla chips or strips, Monterey jack cheese, sliced avocado for serving (opt.)

Heat olive oil in a large pot over medium-high heat. Add onion and sauté 4 minutes. Add garlic and sauté 30 seconds longer.  
Add chicken broth, green chilies, cumin, paprika, oregano, coriander, cayenne pepper and season with salt and pepper to taste. Bring mixture just to a boil then reduce heat to medium-low and simmer 15 minutes.  
Drain and rinse beans in a fine mesh strainer or colander then measure out 1 cup. Set whole beans aside, transfer 1 cup beans to a food processor along with 1/4 cup broth from soup, puree until nearly smooth.  
Add Neufchatel cheese to soup along with corn, whole beans and pureed beans and stir well. Simmer 5-10 minutes longer.  
Stir in chicken, fresh lime juice and cilantro. Serve with Monterrey Jack cheese, more cilantro, avocado slices, and tortilla chips if desired.

## Slow-Cooker Lasagna Soup

*Prep Time: 35 min.*

*Cook Time: 5 hours + standing*

*Yield: 8 servings  
(2-1/2 quarts)*

1-1/2 lbs. bulk Italian sausage  
1 lg. onion, chopped  
2 med. carrots, chopped  
2 c. sliced fresh mushrooms  
3 garlic cloves, minced  
1 ctn. (32 oz.) chicken broth  
2 cans (14-1/2 oz. ea.) Italian stewed tomatoes  
1 can (15 oz.) tomato sauce  
6 lasagna noodles, broken into 1" pcs.  
2 c. coarsely chopped fresh spinach  
1 c. cubed or shredded part-skim mozzarella cheese  
1/2 c. shredded Parmesan cheese  
Thinly sliced fresh basil, opt.

In a large skillet, cook sausage over medium-high heat until no longer pink, breaking into crumbles, 8-10 minutes; drain. Transfer to a 5- or 6-qt. slow cooker.  
Add onion and carrots to same skillet; cook and stir until softened, 2-4 minutes. Stir in mushrooms and garlic; cook and stir until mushrooms are softened, 2-4 minutes. Transfer to slow cooker. Stir in broth, tomatoes and tomato sauce. Cook, covered, on low until vegetables are tender. 4-6 hours.  
Skim fat from soup. Add lasagna; cook until tender, 1 hour longer. Stir in spinach. Remove insert; let stand 10 minutes. Divide mozzarella cheese among serving bowls; ladle soup over cheese. Sprinkle with Parmesan cheese and, if desired, basil.

## Chicken Chili with Apple and Sweet Potato

*Prep Time: 10 min*

*Cook Time: 18 min*

*Yield: 6 (1 c.) servings*

*Submitted by Jenny White – Drummer Test Kitchen*

1 T. oil  
1 lb. boneless skinless chicken breasts, cut into 1/2" cubes  
1 pkg. McCormick® Organics Chili Seasoning Mix  
1 lg. sweet potato, cut into 1/2" chunks (about 2 c.)  
1 can (14-1/2 oz.) petite diced tomatoes, undrained  
1-1/2 c. chicken stock  
1 med. apple, cored & cut into 1" chunks

Heat oil in large nonstick skillet on medium-high heat. Add chicken; cook and stir 5 minutes or until lightly browned.  
Stir in remaining ingredients. Bring to boil. Reduce heat; cover and simmer 10 minutes, stirring occasionally or until sweet potatoes are tender. Serve with desired toppings.  
**Note:** I was unable to find the Organics seasoning mix locally, so I used the regular McCormick® Chili Seasoning Mix.

## Everyday Artisan Bread

*Prep Time: 10 min*

*Cook Time: 50 min*

*Resting Time: 18 hrs*

*Yield: 1 loaf*

4 c. unbleached all-purpose flour (600g)  
2 c. room temp. water (472g)  
3/4 tsp. dry active yeast (3g)

2 tsp. kosher salt (10g)

In a large mixing bowl, combine the flour, salt, and yeast. Use a wooden spoon to mix. Add the water, and stir until blended, and a shaggy dough has formed.

Cover the bowl with plastic wrap, then drape a kitchen towel over the plastic. Let the dough rest for 18 hours at room temperature, preferably around 70°F.

Preheat the oven to 450°F. Place a Dutch oven in the oven while it is preheating. The Dutch oven should be heated for at least 15 minutes, once the oven reaches 450°F. The dough is ready when it is very puffy, jiggly, and the surface is full of air bubbles. Generously flour a work surface, and gently slide the dough out of the bowl, onto the floured surface. I like to run a rubber spatula around the bowl to release the sticky dough, to avoid disturbing the air bubbles in the dough as much as possible.

Sprinkle the top of the dough lightly with flour, and gently fold the corners of the dough into the center. Flip the dough over, so the folds are facing down. Sprinkle a bit more flour, and gently shape the dough into a ball by pulling it towards you a few times. Don't knead, just a few times until a round shape is formed.

Place the dough, seam side down, on a sheet of parchment paper. Use a sharp knife to quickly slash the top. With oven mitts, carefully remove the preheated Dutch oven from the oven, and place on a trivet or on the stove. Remove the lid. Pick up the parchment paper with the dough on it and place it in the Dutch oven. Put the lid back on and bake for 25 minutes. Remove the lid and bake for another 20-25 minutes until the crust is deeply golden brown. Let the bread cool completely on a baking rack, before slicing it, at least 2 hours.

## Biscuits

*Prep time: 15 min*

*Cook time: 12 min*

*Yield: about 3 doz. biscuits*

2 c. all-purpose flour

1 tsp. sugar

1 T. baking powder

1 tsp. salt

8 T. cubed butter

3/4 c. (more or less if needed) milk

Preheat oven to 425°F.

In a large bowl combine flour, sugar, baking powder and salt together. Cut butter into mixture until it begins to look like cornmeal.

Make a well with flour mixture and slowly add milk into the middle. Knead dough with your fingers and add milk when necessary. Roll out dough onto a lightly floured surface and roll out to desired thickness. Cut with small biscuit cutter.

Butter bottom of skillet and place biscuits in pan. Bake for 12 minutes or until golden brown.

## Apple Pie Cupcakes

*Level: Intermediate*

*Total: 2 hr 30 min (includes cooling times)*

*Active: 1 hr*

*Yield: 12 cupcakes*

### **Topping:**

3 med. apples, cored, peeled & cut into 1/8"-thick slices

3 T. granulated sugar, plus more for sprinkling

1 T. fresh lemon juice

Lg. pinch ground cinnamon

Pinch fine salt

2 T. unsalted butter, plus melted butter for brushing

2 tsp. all-purpose flour

### **Cupcakes:**

Cooking spray

1-1/2 c. all-purpose flour

1-1/2 tsp. baking powder

1 tsp. ground cinnamon

1/4 tsp. freshly grated nutmeg

1/4 tsp. fine salt

3/4 c. granulated sugar

2 lg. eggs, at room temp.

1-1/2 sticks (12 T.) unsalted butter, melted

2 tsp. pure vanilla extract

1/2 c. milk, plus 1 T. for brushing

### **Whipped Topping:**

3/4 c. heavy cream

2 T. confectioners' sugar

1 T. sour cream

Ground cinnamon, for sprinkling

**Special equipment:** A pastry bag or a large resealable plastic bag

**For the filling:** Toss the apples, granulated sugar, lemon juice, cinnamon, and salt together in a medium bowl. Melt the butter in a medium skillet over medium heat. Add the apples, and cook, stirring frequently, until the apples are tender but still pliable and the liquid is simmering, about 6 minutes. Add the flour and stir until it dissolves, and the liquid thickens. Remove the skillet from the heat and let the filling cool completely. Divide the filling evenly into 12 little packed mounds; set aside.

**For the cupcakes:** Position an oven rack in the center of the oven and preheat to 350 degrees F. Line a 12-cup muffin tin with paper liners and coat the liners and the top of the tin with cooking spray.

Whisk the flour, baking powder, cinnamon, nutmeg, and salt together in a medium bowl. Beat the sugar and eggs in another medium bowl with an electric mixer on medium-high speed until light and creamy, about 2 minutes. While continuing to beat, gradually pour in the butter, then add the vanilla. Adjust the mixer to medium-low and add half the flour mixture. Add the milk, then the remaining flour mixture, taking care not to overmix the batter. It will be thin, like pancake batter; transfer it to a liquid measuring cup to make filling the muffin cup easier.

Divide the batter evenly among the cups of the prepared muffin tin. Top each with a mound of apple filling. Bake for 15 minutes (the cupcakes will spread quite a bit). Remove the tin from the oven, gently brush the tops with melted butter and sprinkle with granulated sugar. Continue to bake until the tops of the cupcakes, which bake and puff around the apple filling, spring back when pressed, 6 to 8 minutes more. Let the cupcakes cool in the tin for a few minutes, then transfer to a rack to cool completely.

**For the whipped topping:** Beat the cream, confectioners' sugar and sour cream in a medium bowl with an electric mixer on medium-high speed until the mixture forms soft peaks. Transfer it to a pastry bag or a resealable plastic bag (snip off the tip). Pipe a dollop of whipped topping onto each cupcake (don't completely hide the cupcake), and sprinkle with cinnamon.

### Quote of the Week:

***“Let food be thy medicine and medicine be thy food.”***

**- Hippocrates**