

The cooler weather has instantly brought on a that fall feeling - almost overnight!
Cooler weather usually puts us all in the mood for soup!
This week, we are featuring some great fall warm-up or game-day soups! Enjoy!

Chorizo Breakfast Chili

Prep Time: 10 min.
Total Time: 40 min.
Servings: 4-6

2 T. vegetable oil
1 lg. yellow onion, chopped
2 poblano chiles, chopped
1 sweet potato (about 8 oz.), cut into 1/2" pieces
1 lb. fresh chorizo, casings removed
Salt
Black pepper
2 cloves garlic, finely chopped
1/4 C. tomato paste
2 tsp. chili powder
1 tsp. ground cumin
2-1/2 C. low-sodium chicken broth
1 (15-oz.) can black beans
1/4 C. chopped fresh cilantro leaves and tender stems, plus more for topping
1 T. fresh lime juice
Fried eggs and toasted cornbread, for serving
Shredded cheddar, sliced avocado, and sour cream, for topping

In a large skillet over medium-high heat, heat oil. Add onions, chiles, and potatoes; season with salt and pepper. Cook, stirring occasionally, until starting to soften and brown in spots, about 5 min. Add chorizo and cook, breaking up with a wooden spoon, until browned, 3 to 5 min. Stir in garlic, tomato paste, chili powder, and cumin and cook, stirring, until fragrant, about 1 min. more.

Add broth and beans and their liquid and cook, scraping up any browned bits from bottom of skillet. Bring to a simmer, cover, and reduce heat to medium-low; cook 10 min. Uncover and continue to cook, stirring occasionally, until slightly reduced and potatoes are tender, about 10 min. more. Stir in cilantro and lime juice; season with salt and pepper.

Divide chili among shallow bowls. Serve with eggs and cornbread alongside. Top with cheddar, avocado, sour cream, and more cilantro.

Slow-Cooker Chicken Tortilla Soup

Prep Time: 15 min.
Total Time: 5 hr. 30 min.
Servings: 6

1 lb. boneless, skinless chicken breasts
1 white onion, chopped
2 bell peppers, seeds and ribs removed, chopped
3 cloves garlic, finely chopped
1 (15-oz.) can black beans, rinsed
1 (15-oz.) can fire-roasted tomatoes
1 C. frozen corn
1/4 C. chopped fresh cilantro, plus more for serving
1 T. chili powder
1 T. ground cumin
1 tsp. kosher salt
2 C. low-sodium chicken broth
1 C. shredded Monterey Jack
1 T. extra-virgin olive oil
3 sm. corn tortillas, cut into strips
Sliced avocados, sour cream, and lime wedges, for serving

In a large slow cooker, spread chicken in the bottom in an even layer. Add onion, bell peppers, garlic, beans, tomatoes, corn, cilantro, chili powder, cumin, and salt. Pour broth over. Cover and cook on low until chicken is cooked through and falling apart, 5 to 6 hours.

Shred chicken with 2 forks, then top with Monterey Jack. Cover and continue to cook on low until cheese is melted, about 5 min. more.

Meanwhile, in a large skillet over medium heat, heat oil. Add tortilla strips and cook, tossing occasionally, until crispy and golden, about 3 min. Transfer to a paper towel-lined plate; season with salt.

Top soup with tortilla crisps, avocado, sour cream, and cilantro. Serve with lime wedges alongside.

Cream of Turkey Soup

Prep Time: 25 min.
Total Time: 2 hr. 30 min.
Servings: 6

5 T. extra-virgin olive oil, divided
8 oz. shiitake mushrooms, sliced
1 poblano chile, finely chopped
Salt
Black pepper
2 lb. skin-on, bone-in turkey breast
9 C. cold water

1 med. yellow onion, coarsely chopped
2 stalks celery, coarsely chopped
1 med. carrot, coarsely chopped
10 cloves garlic, grated
8 oz. baby potatoes, quartered
2 tsp. chopped fresh thyme
1/2 C. unsalted butter
1/2 C. all-purpose flour
2 C. heavy cream
Worcestershire sauce, for serving

In a large pot over medium-high heat, heat 3 T. oil. Cook mushrooms and chile, stirring occasionally, until softened and browned, 5 to 6 min.; season with salt and pepper. Transfer mushroom mixture to a medium bowl; set aside.

In same pot over medium-high heat, heat remaining 2 T. oil. Cook turkey skin side down, turning occasionally, until golden brown, about 5 min.; season with salt and pepper. Add water, onion, celery, carrot, and garlic. Bring to a simmer and cook 1 hour.

At the 1-hour mark, transfer turkey to a cutting board and let cool slightly. Add potatoes to pot and cook, stirring occasionally, until tender, 25 to 30 min.

Cut turkey meat off bone and shred into bite-size pieces. Add reserved mushroom mixture, turkey meat, and thyme to broth; season with salt and pepper.

In a medium skillet over medium heat, melt butter. Add flour and whisk to dissolve. Cook, whisking constantly, until blonde in color, 1-2 min. Let cool slightly.

Add roux to soup, whisking to avoid clumps. Pour in cream, bring to a low simmer, and cook, stirring occasionally, until heated through, about 3 min.

Divide soup among bowls. Serve with Worcestershire sauce alongside.

Creamy Ham & Potato Soup

Prep Time: 20 min.

Total Time: 45 min.

Servings: 4

4 T. unsalted butter
1 sm. yellow onion, chopped (about 1-1/4 C.)
3 med. carrots, peeled and thinly sliced crosswise (about 1 C.)
2 celery ribs, thinly sliced crosswise (3/4 C.)
4 garlic cloves, finely chopped
Salt
Black pepper
1/4 tsp. smoked paprika
1/4 C. all-purpose flour
1 C. dry white wine, such as Sauvignon Blanc
4 C. low-sodium chicken broth
1 lb. Yukon gold potatoes, peeled and chopped into roughly 1" chunks
12 oz. (3 C.) cooked ham, chopped into small pieces
1 bay leaf
3/4 C. half-and-half
Finely chopped fresh parsley, for serving

Melt butter in a large pot over medium-high heat. Add the onion, carrot, celery, 1/2 tsp. salt, and 1/2 tsp. pepper and cook, stirring occasionally, until just tender, about 5 min. Add the garlic and cook, stirring frequently, until fragrant and light golden, about 2 min. Add the flour, and cook until lightly toasted, about 1 min. more. Turn heat to high and pour wine into pot. Bring to a boil, and cook until liquid is evaporated, about 3 min.

Pour broth into the pot and add potatoes, ham, and bay leaf. Bring to a boil, then reduce the heat to med-low and simmer until the potatoes are tender, 10 to 12 min. Stir half and half into the pot and season to taste with more salt and pepper, if desired. Remove bay leaf and discard. Serve warm topped with parsley and more pepper.

Creamy Tomato Tortellini Soup

Prep Time: 15 min.

Total Time: 45 min.

Servings: 6

1 T. butter
1/2 med. onion, diced
4 cloves garlic, minced
3 tsp. Italian seasoning
1/2 tsp. red pepper flakes
3 T. all-purpose flour
3 T. tomato paste
3 C. low-sodium chicken or vegetable broth
1 (28-oz.) can diced tomatoes
4 C. cheese tortellini
1/3 C. heavy cream
1/2 C. freshly grated Parmesan
3 C. spinach, packed
Salt
Black pepper
2 T. thinly sliced basil, for garnish

In a large pot over medium heat, melt butter. Add onion and cook until soft and translucent, about 4 to 6 min. Add garlic and cook until fragrant, about 1 min. more. Add Italian seasoning, red pepper flakes, and flour, whisk to combine, and cook 1 min. more.

Add tomato paste and cook until darkened slightly, 2 to 3 min. Add broth and tomatoes and bring to a boil. Lower to a simmer and cook until tortellini is tender and cooked through, about 10 min.

Add the cream and Parmesan and stir to combine, then add spinach and let wilt. Season to taste with salt and pepper, garnish with basil, and serve.

Taco Soup

*Prep Time: 15 min.
Total Time: 30 min.
Servings: 4-6*

1 T. canola oil
1 lg. yellow onion, chopped
2 T. taco seasoning
1 lb. ground beef
Salt
2 C. low-sodium beef broth
1 (15-oz.) can fire-roasted tomatoes
1 (15-oz.) can pinto beans, drained, rinsed
1 (15-oz.) can sweet corn
1 C. sour cream
3 T. Tajín
1 sm. bunch fresh cilantro, chopped
Shredded cheddar and tortilla chips, for serving

In a large Dutch oven over medium-low heat, heat oil. Add onion and cook, stirring occasionally, until softened, about 10 min. Increase heat to medium-high, add taco seasoning, and cook, stirring, until fragrant, about 1 min. Cook beef, breaking up with a spoon, until no longer pink, about 5 min.; season with salt. Add broth, tomatoes, beans, and corn and bring to a boil. Reduce heat to medium, bring to a simmer, and cook, stirring occasionally, until slightly reduced and thickened, about 10 min. Meanwhile, in a small bowl, mix sour cream and Tajín until combined. Divide soup among bowls. Top with cilantro, a dollop of sour cream-Tajín, and cheddar. Serve with chips alongside.

French Onion Gnocchi Soup

*Prep Time: 10 min.
Total Time: 55 min.
Servings: 4*

4 T. (1/2 stick) unsalted butter
3 lg. yellow onions (about 2-3/4 lb. total), halved, thinly sliced into half moons
2 garlic cloves, finely chopped
2 T. all-purpose flour
1 tsp. finely chopped fresh thyme, plus more for serving
1 tsp. kosher salt
1/4 tsp. freshly ground black pepper
1 C. dry white wine
6 C. low-sodium beef stock
1 lb. gnocchi
2 C. grated Gruyère

In a large pot over medium heat, melt butter. Add onion and cook, stirring occasionally, until deeply golden brown and caramelized, about 25 min. Add garlic, flour, and thyme and cook, stirring, until garlic is fragrant, about 1 min.; season with salt and pepper. Add wine and bring to a simmer. Cook, stirring occasionally, until liquid is almost evaporated, about 5 min. Add stock and bring to a boil. Add gnocchi and return to a boil. Cook, stirring occasionally, until gnocchi is al dente and floats, about 3 min. Remove from heat. Heat broiler to high. Arrange 4 lg. heatproof ramekins or serving bowls on a baking sheet. Carefully ladle soup into ramekins. Top with cheese. Transfer sheet with bowls to oven and broil, watching closely, until cheese is bubbling and golden, 2 to 4 min. Let cool 5 min. Top soup with thyme; carefully serve as ramekins will be hot.

Quote of the Week:

“It is a grave error to assume that ice cream consumption requires hot weather.”

~ Anne Fadiman