

## creamy white chili

Serve this savory white chili on a cold winter day with cornbread or chewy cheese twists.

- 1 lb. boneless, skinless chicken breasts, cut into  $\frac{1}{2}$ -inch cubes
- 1 med. onion, chopped
- 2 cloves garlic, minced
- 1 T. olive oil
- 2 (15 $\frac{1}{2}$ -oz.) cans great northern beans
- 1 (14 $\frac{1}{2}$ -oz.) can chicken broth
- 2 (4-oz.) cans chopped green chilies
- 1 tsp. salt
- 1 tsp. ground cumin
- 1 tsp. dried oregano
- $\frac{1}{2}$  tsp. pepper
- $\frac{1}{4}$  tsp. cayenne pepper
- 1 c. (8 oz.) sour cream
- $\frac{1}{2}$  c. whipping cream

In large kettle, sauté chicken, onion, and garlic in oil until chicken is no longer pink. Add beans, broth, chilies, and seasonings. Bring to boil. Reduce heat; simmer, uncovered, for 30 minutes. Remove from heat; stir in sour cream and cream. Serve immediately.

## minestrone

This healthy soup is a meal in itself and is perfect for a chilly day.

- 2 ribs celery, diced
- 1 lg. onion, diced
- 2 cloves garlic, minced
- $\frac{1}{4}$  c. minced parsley
- $\frac{1}{2}$  tsp. basil
- 3 T. olive oil
- 2 carrots, sliced
- 2 potatoes, cubed
- 1 med. turnip, cubed
- 2 to 3 med. zucchini, cubed
- $\frac{1}{4}$  sm. head cabbage, shredded
- 1 (10-oz.) pkg. frozen peas
- 1 (16-oz.) can diced tomatoes
- 1 qt. (4 c.) beef broth
- 1 (15-oz.) can great northern, navy or kidney beans
- 1 c. elbow macaroni or broken-up spaghetti
- Salt and pepper, to taste
- 1 tsp. red pepper sauce
- 4 to 6 T. grated Romano or Parmesan cheese

In large kettle, sauté celery, onion, garlic, parsley and basil in oil until tender; about 5 minutes. Add carrots, potatoes, turnip, zucchini, cabbage and peas; sauté 10 minutes, stirring occasionally. Stir in tomatoes and beef broth; bring to boil. Reduce heat; cover and simmer 45 minutes, stirring occasionally. Stir in beans and pasta; cover and cook 15 minutes or until pasta and vegetables are tender. Season with salt, pepper, and hot red pepper sauce. Serve in deep, large soup bowls; sprinkle with cheese.

These recipes are from *From Halibut to Jalapeños*, my new cookbook which contains over 600 delicious recipes, lots of cooking and kitchen hints, and patterns for two colorful quilted placemats. Enjoy!

Annie Unrein • [www.byannie.com/cookbooks.html](http://www.byannie.com/cookbooks.html)  
To order, contact Annie at 435-674-9816 or by email at [annie@infowest.com](mailto:annie@infowest.com).

## beef stew

The secret to Jan's thick, flavorful stew is making a gravy from the pan drippings before you cook the stew. If you don't have a crock pot, just combine ingredients as indicated in a heavy Dutch oven and cook on the stove top.

- 2 lb. boneless stew meat, cut in bite-size cubes
- $\frac{3}{4}$  c. flour, seasoned with salt and pepper
- $\frac{1}{4}$  to  $\frac{1}{2}$  c. olive oil
- 2 or 3 cloves garlic, minced
- 4 cups water
- 1 tsp. dried thyme leaves
- 1 or 2 beef bouillon cubes
- 1 med. onion, cut in wedges
- 5 or 6 carrots, cut in 1-in. pc.
- 5 potatoes, cut in 1-in. pc.
- 1 (15-oz.) can green beans, undrained

Dredge meat in seasoned flour; shake off excess. In large skillet, heat  $\frac{1}{4}$  c. oil and garlic over medium-high heat. Add beef; cook and stir until browned. Using slotted spoon, move meat to crock pot set at about 325°. Measure drippings in pan, adding additional oil if needed to measure  $\frac{1}{2}$  cup. Blend in  $\frac{1}{2}$  cup of remaining seasoned flour, adding more flour if needed. Stir over low heat until smooth and bubbly. Gradually stir in water, thyme and beef bouillon bring to boil, stirring constantly. Boil and stir 1 minute. Pour gravy over meat; top with onions, carrots and potatoes. Cover and simmer until meat is tender, about 3 to 4 hours. About 30 minutes before serving, add green beans with juice.

## french tomato soup

Serve this rich, flavorful soup with focaccia bread for a satisfying lunch.

- 1 c. chopped onions
- $\frac{1}{2}$  c. olive oil or butter
- 1 c. chopped celery
- 2 cloves garlic, minced
- 2 (28-oz.) cans diced tomatoes
- 4 c. beef stock
- 2 T. chopped fresh basil (or 1 $\frac{1}{2}$  tsp. dried basil)
- 1 bay leaf
- 1 T. chopped fresh oregano (or 1 $\frac{1}{2}$  tsp. dried oregano)

Sauté onions in olive oil or butter. Add celery and garlic and cook until vegetables are tender. Add remaining ingredients; bring to a boil. Simmer gently for 1 hour.