

About Baking:

# The Chicken Soup Collection



Favorite Hearty Chicken Soup Recipes

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## Chicken Soup with Homemade Egg Noodles

To us, this is the ultimate in comfort food. We have fond memories of chicken soup simmering on the stovetop and Mom rolling out rich egg noodles on the counter. You'll find this comfort food easy to prepare. Simmer the chicken soup with vegetables, mix the easy egg dough, roll the dough out and slice it into noodles with a sharp knife, and drop the noodles in the simmering soup.



What follows is a wonderful chicken soup recipe that you can use with potatoes, rice, homemade noodles, or pasta. If you choose to make chicken soup with homemade egg noodles, use the following recipe for homemade egg noodles.

### Chicken Soup Recipe

#### Ingredients

1 broiler chicken or large fryer  
6 cups water  
1/2 tablespoon salt  
1/4 teaspoon pepper  
1/2 teaspoon crushed sage  
1/2 teaspoons thyme  
1 bay leaves  
1 large onion, chopped  
1 cup celery, sliced  
1 1/2 cups carrot slices (optional)  
3/4 cup rice, 2 cups chunked potatoes, or noodles  
1/3 cup flour  
2 cups milk  
1 1/2 cups frozen peas (optional)

#### Directions

1. Rinse and drain the chicken. Place the chicken in a large pan, add water and salt, spices and herbs and bring to a boil. Reduce the heat and simmer. After 20 minutes, add the onion, celery, and optional carrots. Add potato chunks or rice if desired and if you are not using noodles. (Do not add noodles yet.) Continue simmering for another 20 minutes or until the chicken is cooked. When the chicken is tender, turn the heat off.

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2. Remove the chicken to a large platter or bowl, remove the skin and discard, and let the chicken cool enough that you can debone the meat—about fifteen minutes. Remove the meat from the bones and cut into chunks.
3. Skim the fat from the chicken broth and vegetables and discard.
4. Place flour into a small bowl or large cup. Remove about one cup of broth from the pan. Add a little broth to the flour, stir the flour to moisten, and then add more broth a little at a time until the entire cup of broth is added, stirring after each addition to remove lumps. Slowly stir the flour mixture into the broth. Add the chicken chunks. Add the two cups milk. Bring to a simmer, stirring occasionally until the soup has thickened. If you are adding homemade noodles, flour from the noodles will further thicken the soup.
5. Add the noodles if you are using noodles. Add the peas if desired. Continue cooking until tender. Serve hot.

### Easy Homemade Egg Noodles Recipe

*"I really love these noodles."--Katie*

#### Ingredients

2 cups all purpose flour  
1/2 teaspoon salt  
2 large eggs  
1 teaspoon vegetable oil  
1/3 cup water

#### Directions

1. In a medium bowl, mix the flour and salt together.
2. In a small bowl or large cup, whisk the eggs, oil, and water together. Form a depression in the flour mixture and add the egg mixture. Mix well.
3. Turn the dough out onto a floured countertop. Knead for eight to ten minutes or until the dough is smooth and elastic.
4. Divide the dough in half with a sharp knife. With a rolling pin, roll each dough piece until it is 1/16 to 1/8-inch thick. Cover the dough with a cloth and let rest for 20 minutes to relax the gluten.
5. Using a sharp knife, slice the dough on the counter into strips 3/8-inches wide. Drop the noodles one at a time into the simmering soup. Cook until tender.



Baker's Note: Start these noodles about 30 minutes before you would like to add them to your soup.

## Chicken and Black Bean Chili

What could be better than chili on a cold winter day? Try this scrumptious chicken and black bean chili. Because it's made with canned beans, it cooks up super quick and easy with left-over chicken or turkey.



### Ingredients

- 1 large onion, chopped
- 2 1/2 cups water
- 1/2 cup white or brown rice
- 1/8 teaspoon ground black pepper
- 4 cubes chicken bouillon
- 1 tablespoon chili powder (you can add more later if you wish)
- 2 14.5 ounce cans of diced tomatoes
- 3 cups cubed cooked chicken or turkey meat (about two large chicken breasts)
- 2 14.5 ounce can of black beans, drained

### Directions

1. Sauté the onion until tender. Add water and rice and bring to a boil. Reduce the heat so that the mixture will simmer.
2. Add the pepper, chicken bouillon, chili powder, and tomatoes and continue simmering. Cook until the rice is tender adding more water if necessary.
3. Add the cooked chicken and black beans. Simmer for five minutes. Serve hot.

Note: If you use chicken breast meat, this is a healthy, low fat recipe. This can also be made in a crock pot or slow cooker.

## Chicken and Dumplings

We like dumplings. It's an easy way to fancy up any hearty soup. Mix up the dumpling batter and drop it by spoonfuls on the hot, simmering soup. Presto! You have Chicken and Dumplings.

What follows is a wonderful chicken soup recipe that you can use with potatoes or rice. Make it alone or top it with dumplings. This makes a family-sized batch—about three quarts.

### Chicken Soup Recipe

#### Ingredients

1 broiler chicken or large fryer  
6 cups water  
1/2 tablespoon salt  
1/4 teaspoon pepper  
1/2 teaspoon crushed sage  
1/2 teaspoons thyme  
1 bay leaves  
1 large onion, chopped  
1 cup celery, sliced  
1 1/2 cups carrot slices (optional)  
3/4 cup rice, 2 cups chunked potatoes, or noodles  
1/3 cup flour  
2 cups milk  
1 1/2 cups frozen peas (optional)

#### Directions

1. Rinse and drain the chicken. Place the chicken in a large pan, add water and salt, spices and herbs and bring to a boil. Reduce the heat and simmer. After 20 minutes, add the onion, celery, and optional carrots. Add potato chunks or rice if desired. (Do not add rice or potatoes if you are making chicken and noodles. Do not add noodles yet.) Continue simmering for another 20 minutes or until the chicken is cooked. When the chicken is tender, turn the heat off.
2. Remove the chicken to a large platter or bowl, remove the skin and discard, and let the chicken cool enough that you can debone the meat—about fifteen minutes. Remove the meat from the bones and cut into chunks.
3. Skim the fat from the chicken broth and vegetables and discard.
4. Place flour into a small bowl or large cup. Remove about one cup of broth from the pan. Add a little broth to the flour, stir the flour to moisten, and then add more broth a little at a time until the entire cup of broth is added, stirring after each addition to remove lumps. Slowly stir the flour mixture into the broth. Add the chicken chunks. Add the two cups milk. Bring to a simmer, stirring occasionally until the soup has thickened. If you are adding homemade noodles, flour from the noodles will further thicken the soup.

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5. Add the noodles if you are using noodles. Add the peas if desired. Continue cooking until tender. Serve hot.

## **Dumplings Recipe**

Use these dumplings with chicken soup, beef stew, chili, or any hearty soup.

### Ingredients

2/3 cups all purpose flour  
1 teaspoon baking powder  
1 pinch salt  
2 teaspoon vegetable oil  
1/4 cup milk

### Directions

1. In a medium bowl, mix the flour, baking powder, and salt together.
2. In a small bowl or large cup, whisk the oil and milk together. Form a depression in the flour mixture and add the liquid mixture. Stir with a fork until combined.
3. With a large spoon, drop mounds of the dough atop the bubbling stew or soup. The soup must be bubbling hot to start the cooking of the dumplings upon contact.
4. Immediately cover the pan. Reduce the heat so that the soup will simmer and let cook for about the minutes. The dumplings are cooked when a toothpick inserted in the center comes out clean. Serve hot.

## **Crock Pot Chicken A La King**

This is a recipe that we found at Nancy's Kitchen. To see the original recipe or more like this, go to [www.nancyskitchen.com](http://www.nancyskitchen.com)

### Ingredients

3 cups chopped cooked chicken or turkey  
1/2 cup chopped green pepper  
1/4 cup chopped onion  
1/2 cup chopped celery  
1 2-ounce jar pimento or chopped red bell pepper  
1 4-ounce can mushrooms pieces, drained  
2 10-ounce cans cream of chicken soup or cream of mushroom soup  
1 10-ounce package frozen peas

### Directions

1. Combine all ingredients except peas in your crockpot. Stir to mix well.
2. Cover and cook on low for 6 to 7 hours.
3. About 1 hour before serving, turn to high and add the peas.

Serve hot over rice or toast.

## Chicken and Mushroom Soup

Yield: 2 servings

1/2 pound boneless chicken breast  
2 cups chicken stock  
1 cup fresh mushrooms, quartered  
4 tablespoons sesame oil  
2 tablespoons sherry  
2 tablespoons fresh parsley, chopped

Thinly slice the chicken breast meat.

Bring the chicken stock to a rolling boil and add the chicken and mushrooms. When the soup starts to boil again and all of the ingredients float to the top, remove from heat. Add the sesame oil and sherry and taste for seasoning. Add salt and pepper if necessary.

Serve in individual soup bowls, and sprinkle the parsley on top.

We found this recipe on [www.RecipeGoldmine.com](http://www.RecipeGoldmine.com). Used by permission.

## Chicken or Turkey Pot Pie Recipe

Everyone loves this traditional dish and with leftovers, it's easier than you think. Build it in a traditional pastry crust, put it in a casserole dish and top it with leftover stuffing, or make a biscuit-topped pot pie. This is comfort food at its best.

For this casserole recipe, you will need leftover chicken or turkey meat, leftover or frozen mixed vegetables, and gravy. You will also need pie pastry, stuffing, or biscuit dough (refrigerated or homemade).

1. If you are making a pastry pot pie, line a baking dish or deep-dish pie pan with unbaked pastry. You will need additional pastry dough to cover the top of the casserole.
2. Cut chicken or turkey meat into chunks. Mix the chicken or turkey, vegetables, and gravy in a bowl. Pour the mixture into the baking dish or pie shell.
3. If you are making a pastry pot pie, cover the dish with pie pastry as you would for a double-crust fruit pie. Crimp the edges together with the tines of a fork. Put slits in the top crust to allow for steam to escape. Bake at 400 degrees for 20 minutes or until the crust begins to brown.
4. If you are making a stuffing topped pot pie, cover the top of the pie with stuffing. Bake at 375 degrees for 30 minutes or until bubbly.
5. If you are making a biscuit-topped pie, roll the dough out to ½-inch thick. With a cookie cutter, bottle lid, or glass, cut out 1 1/2 to 2-inch circles. Place them on top of the casserole with the edges butted together. Bake at 400 degrees for 20 minutes or until the biscuits are golden.

Note: If you use boneless chicken breast meat, this is a healthy, low fat recipe.

## Easy Chicken and Vegetable Soup

If you have leftover chicken or turkey this is a very quick and easy way to enjoy chicken soup. If you don't have leftover chicken, sauté a breast and you're in business almost as quickly.

### Ingredients

1 large onion, chopped  
2 stalks celery, sliced  
2 tablespoons flour  
4 cups water  
1 cup pasta  
1/8 teaspoon ground black pepper  
1 1/2 tablespoons chicken bouillon granules  
1 teaspoon thyme leaves (not ground)  
1/2 teaspoon crushed sage  
2 cups frozen mixed vegetables  
2 cups cubed cooked chicken or turkey meat

### Directions

1. Sauté the onion and celery until tender in butter. Add the flour and stir it into the melted butter until smooth. Gradually add the water, stirring to disperse the browned flour. Add the pasta and bring the mixture to a boil. Reduce the heat so that the mixture will simmer.
2. Add the pepper, chicken bouillon granules, herbs, and vegetables and continue simmering until the pasta is tender, adding more water if necessary. Add the cooked chicken. Serve hot.

## Getting the Most from Your Crockpot

Whether it's a busy day or you're wanting to have a meal ready when you return home from church, crockpots are often the answer. Today, we would like to help you get the most from your crockpot. We'll give you a few tips and a handy time chart that will help you convert your conventional recipes to the crockpot.

### Crockpot Tips

1. Soak beans overnight before cooking in the crockpot. Do not add salt, sugar, or tomatoes until the beans are cooked. (Salt and acidic foods tend to toughen beans and make them hard to cook.)
2. For extra flavor and less fat, brown meats before adding them to the crockpot, always brown hamburger first.
3. Root vegetables like potatoes and carrots take longer to cook. Cut them into smaller pieces and place them on the bottom of the pot where it is hottest.
4. Herbs and spices tend to weaken in flavor over long cooking times. Add them at the end. Taste and adjust the amount as needed.
5. At the lower temperatures of the crockpot, it takes less liquid. Try cutting the liquid in half.
6. Try cooking the pasta or rice separately and add to the crockpot just before serving.
7. Dairy products tend to break down over long cooking times. Add them at the end. Consider using dried milk when you can.

### A Time Guide for Converting Conventional Recipes to the Crockpot

If the conventional recipe calls for 30 minutes on medium heat:

- Cook in the crockpot for four to six hours at low heat
- Cook in the crockpot for 1 1/2 to two hours at high heat

If the conventional recipe calls for 45 minutes on medium heat:

- Cook in the crockpot for six to ten hours at low heat
- Cook in the crockpot for three to four hours at high heat

If the conventional recipe calls for 60 minutes on medium heat:

- Cook in the crockpot for eight to ten hours at low heat
- Cook in the crockpot for four to six hours at high heat

## Food Safety: Cooking with Chicken

We love chicken. But chicken is a potentially hazardous food if handled improperly. Chicken and the juices found inside the package are potential mediums for the growth of salmonella and other bacteria. Additionally, chicken and chicken dishes can become hazardous if not handled properly. The purpose of this article is to provide guidelines for safely using chicken—before and after it is cooked. These same guidelines are applicable to other foods as well.

Assume that bacteria already exist in the chicken package that you brought home from the store. There are enough bacteria and mold spores in the air to contaminate any open food, especially chicken coming from a packing plant. Is it dangerous? It shouldn't be. If the meat is handled properly, the bacteria should not have multiplied appreciably and contamination should be within acceptable levels. But if conditions are not right, the bacteria in your package will multiply until the meat becomes unsafe.

The primary condition required for bacteria to thrive is a temperature between 40 and 140 degrees Fahrenheit. Any time any portion of the meat falls in this range, bacteria can grow. So, to be safe, keep the temperature of your uncooked chicken below 40 degrees and, once cooked but not refrigerated, above 140 degrees. (Some high sugar content foods, like properly formulated pies, will not support bacteria growth even at room temperatures.)

Cross contamination—the contamination of other foods with the chicken—is always a threat. Be sure and wash all utensils and all surfaces that might have come in contact with the chicken or the juices with hot, soapy water. After washing, we strongly recommend spraying the stovetop, countertops, and the sinks with a chlorine-based cleanser that will kill bacteria on contact.

You've cooked your chicken. It's setting on the table. How long can it be left out of the refrigerator? That depends. The longer that the food is left out, the more bacteria the dish will contain. The warmer the environment up to 140 degrees, the faster the bacteria will multiply.

So what is the answer? Keep the food hot—above 140 degrees—until serving time and refrigerate the food soon after the meal. Don't leave hot foods on the counter or stove to cool. Modern refrigerators have enough cooling power to cool hot foods without raising the ambient temperature too much. Transfer hot foods into shallow glass or plastic containers—no more than three inches deep—and place them in the refrigerator with enough room around each container so that air can circulate. Proper refrigeration will not only keep foods safer but protect the quality and nutritional value as well.