

# Creamy Leek Soup with Chicken & Sweet Potato

GOLDEN  
LADLE  
WINNER!



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1 large leek, halved lengthwise & cleaned well,  
then sliced into 1/8" ribbons

1/4 cup butter

1 to 1 1/2 pounds chicken breast, seasoned,  
cooked & shredded.

2 medium sweet potatoes, cut into 1/2 " cubes

2 cups chicken broth (with NO sugar)

2 cups heavy cream

In a medium skillet, cook & stir leeks in  
butter until very soft over medium-low heat.

Meanwhile, bring broth to a boil. Add  
cubed sweet potatoes. Return to a boil, reduce  
heat and simmer till just tender (5-10  
minutes). Add leeks (with butter), cooked  
chicken and heavy cream to the pot. Heat  
thoroughly.

Great with fresh, homemade biscuits & a salad!  
Makes 7-8 cups.

# Faux Broth

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## for "Chickeny" Recipes

2 cups water

1 teaspoon sea salt

1 teaspoon ground savory

1 teaspoon dried Italian flat leaf parsley

1/2 teaspoon dried thyme

1/2 teaspoon dried tarragon

1/4 teaspoon dried marjoram

1/8 teaspoon cayenne pepper

## for "Beefy" Recipes

2 cups water

1 teaspoon sea salt

1 teaspoon Old Bay Seasoning

1 teaspoon dried Italian flat leaf parsley

1/2 teaspoon dried thyme

1/2 teaspoon dry mustard

1/4 teaspoon dried marjoram

1/8 teaspoon cayenne pepper

Mix all ingredients in a saucepan and simmer  
until flavorful (10-15 minutes).

## Saturday Pasta

(for any busy day of the week)

1 Tablespoon butter  
 1 Tablespoon refined coconut oil  
 1/2 large onion (slice thin, then quarter the slices)  
 1/3 cup sun-dried tomatoes, snipped into small pieces with scissors  
 1 (4 ounce) can mushrooms or, preferably, fresh mushrooms  
 4 ounces fresh spinach  
 5 to 6 ounces Jovial Brown Rice Spaghetti  
 20 Kalamata olives (1/2 of a 6 ounce jar)  
 1/4 cup (or more) Colavita Extra Virgin Olive Oil  
 1/8 teaspoon dried red pepper flakes  
 A "sprinkle" of cayenne pepper  
 Sea salt

In a large skillet, heat butter and coconut oil over medium heat. Fill a pot with water and bring to a boil.

Add onions to the skillet and stir.

In a small custard cup, pour a little water (approximately 3 Tablespoons) over the sun-dried tomatoes. Microwave them on high for one minute to reconstitute them. Set aside.

### **SATURDAY PASTA, continued**

Add mushrooms and olives to the skillet. Stir. Lower heat so that onions do not begin to caramelize.

When water reaches a full boil, add pasta and 1/2 teaspoon sea salt. Cook according to package instructions until *al dente*.

Meanwhile, pour one tablespoon olive oil into a large pasta bowl. Add red pepper flakes and cayenne pepper. Stir. Set aside.

Add spinach to the skillet. (This will fill the skillet.) Cook and stir until spinach wilts and mixes with the other ingredients. Add sun-dried tomatoes (with liquid) to the mixture.

Drain pasta. Add to pasta bowl. Toss to coat with the flavored oil. Add the skillet mixture, scraping the skillet clean with a spatula. Toss ingredients together, adding remaining olive oil. Season to taste with additional sea salt and more olive oil, if desired.

Serves 4.