

Crock Pot Cream of Mushroom Soup (#2)



Get ready for fall flavors with this easy to make, robust mushroom soup!

On the cusp of summer turning into fall, I'm already getting excited about the next season of recipes. I'm not a pumpkin spice anything, but I love pulling in the flavors of butternut squash, roasted root vegetables, and hearty seasonings.

Last night, I made a cream of mushroom soup just as a way of using up leftover vegetables that were starting to age in the refrigerator. I figured I would freeze some or share with friends, but it was certainly better than throwing things out. Turns out— this soup was a nice variety to my normal [Crock Pot Cream of Mushroom Soup](#)! With just a little change up of flavors and ratios, this soup was a little more hearty and robust.

As I wrote in the first mushroom soup recipe, this doesn't need to be an exact recipe with precise measurements. Also-

using a [hand blender](#) does give this soup a lovely smooth consistency. Try it and enjoy this soup as a transition to fall!

Crock Pot Cream of Mushroom Soup

Prep Time: 10 minutes

Cook Time: 6 hours

Serves: 8-10 people

1 lb fresh mushrooms (button, portobello or shiitake or a combination!)

4 stalks celery, cleaned and diced

1 large parsnip, peeled and diced

1/2 c. [caramelized onions](#)

3 cloves garlic

4 c. broth (chicken or vegetable)

1/2 teaspoon EACH: celery seed, salt, dried dill weed, black pepper

1 t. dried parsley

2 c. cold milk

2 T. corn starch

Put all ingredients EXCEPT milk and corn starch into crock pot and stir. Cook on high for 5 hours. Puree with hand blender. Dissolve corn starch into cold milk and add to crock pot and stir. Heat 1 additional hour on high and then serve.

Crock Pot Winter Vegetable Soup



Crock Pot Winter Vegetable Soup is the comfort of home served in a cup.

You'll often hear me say that food isn't just about sustenance, but also satisfaction. Entertainment. Emotion. Nutritionists focus on the content of food. Dietician focus on the balance of food. But when I sit down to eat- or more importantly- serve a meal to family and friends, it's about the experience and the memories we create around the table. Your food will be through your system in less than 24 hours, but the feeling you had when eating it will last a lifetime.

That's how I feel about this soup. It's based on a recipe my mom used to make when I was a kid. We ate dinner as a family, almost every night. It's just what we did. And we didn't do it in front of a television or on the run, but it was quick and

easy meals and meant to create an atmosphere for conversation.

Mom's meals were much like this one— a basic recipe with few ingredients that when combined received minimal complaints! We called it winter vegetable soup because nothing really is fresh during an Ohio winter. She could keep all of these items on hand and whip this meal up in about half an hour. I prefer to cook it low and slow, of course, and add a few more seasonings. But overall, it's the comfort of home in a cup.

Crock Pot Winter Vegetable Soup

Prep Time: 5 minutes

Cook Time: 5 hours

Serves: 8

2 12 oz. packages frozen vegetables- broccoli, cauliflower and carrot combination

1 32 oz. box of vegetable broth

3 T. butter

1 t. minced garlic

1/2 cup [crock pot caramelized onions](#) (or substitute 1/2 sweet onion, diced)

1/2 t. each: dill weed, celery seed, basil, parsley, salt, black pepper (ALL DRIED SEASONINGS)

1/4 c. corn starch

3 cups cold milk (2% or whole is preferred)

Pour frozen vegetables into crock pot, followed by broth, butter, garlic, onions and seasonings. DO NOT ADD CORN STARCH OR MILK YET. Cook on high for four hours. In a separate bowl, dissolve corn starch into COLD milk and then add to crock pot.

Cook on high for another hour. Soup will have thickened. Add salt and pepper to taste preference.

Summer Series, Day Five: Crock Pot White Ratatouille

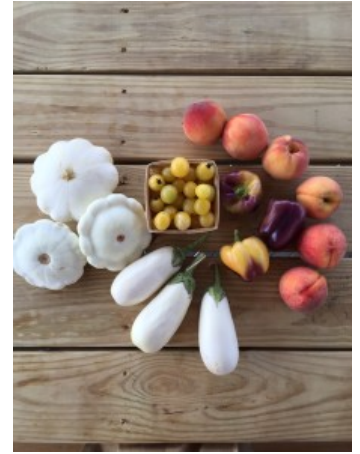


I'm seriously considering moving to the beach. Sunshine, seafood, salty air... it's all good for my soul. As long as I have a good internet connection, I might just be willing to carry my crock pots up and down the east coast and showcase local flavor and attractions. **Ok, I'm putting it out there— where should I go next and who can hook a**

girl and her crock pots up?! I'll feed you!

I used the rest of my finds from this week's farmer's market to make ratatouille for dinner tonight. I love the fact that I used the same kinds of ingredients, but in a new way to make a totally different presentation!

I have never seen pure white patapan squash or white eggplant before in this region, but I was delighted to experiment with these adaptations to the standard variety. I also used yellow cherry tomatoes instead of canned diced red ones. Such a delightful dish to cook low and slow while we played all day.



While we normally do adventures as a family, today we decided to go in two directions— literally. My husband took our oldest to the beach to tiptoe in the shark-infested waters and fly a kite in the salty breeze. I took our youngest on a bike ride down the main road of the island. I'm so glad I bought [a bike rack for my car](#) so we could all bring our bikes to the beach. It's so much easier than trying to rent them upon arrival! The sidewalks in Avon are flat and easy and the breeze felt fantastic even though it was a scorching day. We all enjoyed the sunshine and a bit of solitude. There is something about experiencing the wind on your face and the sun on your back, just taking a deep breath and exhaling gratitude. I'm not kidding when I tell you that staying [here](#) in the Outer Banks has really been cathartic for all of us.

But back to the food, of course! By the time we hit the beach, the bikes, came back to swim in the pool [at the house](#), and got cleaned up... dinner was ready and no work was needed. Another amazing day is complete and it's time to chill on the porch with a few cold drinks and listen to the birds and cicadas chirping in harmony.

Crock Pot Ratatouille

Serves 4-6

3-4 large white patapan squash, softball sized (about 1-1.5 lbs)

3 small white eggplant, 5-6 inches in length (about 1 lb or less)

1 sweet onion, diced

1 yellow pepper, diced

1 pint yellow cherry tomatoes

2 cloves garlic, minced

4 leaves fresh basil, chopped

1 c. broth (chicken or vegetable)

Mix all ingredients in crock pot and cook on low for 6-8 hours. Serve with rice, noodles or fresh bread and butter. If you can't find patapan squash, you can substitute yellow squash.

Crock Pot Cream of Celery and Leek Soup



Crock Pot Celery and Leek

Soup

Most weeks, I have a game plan for all of our meals and a grocery list to organize my trip. I know which nights will be crockpot meals, which nights will be leftovers, and I even anticipate which nights I'll probably be too tired to cook!

But I started this week a day too late. I didn't have my grocery list set and I wasn't quite sure what was for dinner, so I opened the fridge and played a little Food Network-style game show called, "what the hell can I cook with these three ingredients?"

This is part of the amazement of crockpot cooking. With the right balance of seasonings and time, dinner can be a full meal without a lot of struggle.

Tonight's cream of celery and leek soup turned out beautifully. Some of my Facebook followers have been asking for easy soups that are low calorie, too. This dish is very low carb and adding the last step really thickens it up to make it hearty. I even used 1% milk and it still tastes rich and creamy.

As long as you keep basic ingredients in your pantry and an open mind for culinary adventure, you can make delicious dishes without needing unusual ingredients. I'll still be going to the grocery store tomorrow, though!

Crock Pot Cream of Celery and Leek Soup

3 Bunches of celery hearts, sliced (about 8-10 cups)

1 lb frozen sliced leeks (or fresh if you can find them)

32 oz Chicken or vegetable broth

14 oz Can sweet corn, cream style

3 Cloves garlic, whole

1 t. Dried dill

1/4 t. Nutmeg

2 Bay leaves

1 t. Salt

1 t. Black pepper

2 T. Corn starch

2 Cups cold milk

Add everything except the last two ingredients to your crock pot. Cook on high for 3–4 hours or until all vegetables are soft. Remove bay leaves. Use immersion blender and purée soup. Dissolve the cornstarch in the cold milk and then add to crock pot. Continue cooking one more hour on high so soup can thicken.

Crock Pot Sweet Potato and Corn Chowder

This recipe comes from my friend I.H.K. and she is an amazing cook. This soup is thick and chunky and a whole meal in one bowl. She recommends serving it with tortilla chips or corn bread. Using an immersion blender can really change a soup from drab to fab by altering the consistency to be smooth and creamy instead of watery.

Since this recipe takes 8 hours on low, it's a great one to start before you leave for work in the morning and then come home to a beautiful dinner. Take a chance on this vegetarian chowder and enjoy!

2-3 large sweet potatoes, peeled and cubed (about 1/2 inch)

1 medium onion, chopped

1 can whole-kernel corn (15-16 oz.), drained

1 can creamed corn

1 teaspoon salt

fresh ground black pepper, to taste

2 cups broth (I use the vegetarian "chicken" flavor)

2 cups half-and-half or whole milk (depending on how virtuous you want to be)

4 tablespoons unsalted butter

1 teaspoon smoked sweet or hot paprika (optional)

1 cup of shredded cheddar cheese

Put first set of ingredients in crock pot and cook for about 8 hours on low or for 4 hours on high. Once the sweet potatoes are tender, stir everything together. Use an immersion blender to break up the ingredients as much as you want—I like my chowder chunky, but breaking up some of the sweet potatoes and corn makes the soup thicker and more luxurious. When only 1 hour of cooking time is left (if the slow cooker has been on high, turn down to low) ADD: half and half or milk, butter, paprika and cheddar cheese.