

From Sunday Supper to Monday Soup

Sunday suppers spell comfort. So does a bowl of steaming hot soup. Here are some Sunday favorites that can pull double duty. Use the leftovers to create a hearty pot of homemade soup for your Monday meal. Recipes for these simple soups included. Add a salad and a crusty loaf of bread to complete your dinner. Enjoy!

Lemon Herb Chicken

A healthy twist to the humble chicken. Makes the house smell fabulous! Serve with rice, noodles, or a vegetable medley.

- 12 boneless, skinless chicken breasts
- 1 lemon, sliced
- 1 onion, sliced
- 2 teaspoons each of basil and oregano
- 1 1/2 teaspoons lemon pepper
- 2 cloves of garlic, crushed (or 1 teaspoon dried, minced garlic)
- 1/2 teaspoon salt
- 2 T lemon juice
- 1/4 cup olive oil

Place chicken in Crock-Pot. Cover with lemons and onions. Pour juice and oil over and sprinkle on spices. Cook on high for 4–6 hours. Serves 8–12.

Monday Soup Idea: Chicken Wild Rice Soup

This hearty soup idea is scrumptious served in bread bowls. You may purchase them from a local bakery.

- 1/2 cup butter (1 stick)
- 1 onion, chopped
- 1 cup chopped, peeled carrots
- 1/2 cup chopped celery
- 3/4 cup flour
- 6 cups chicken stock (or 6 cups water with bouillon cubes to taste)
- 6 ounce package long grain and wild rice
- 2 cups leftover, chopped chicken
- 3 tablespoons cooking sherry (optional)

In a large soup kettle, melt butter and sauté onions, carrots, and celery until tender. Stir in flour. Gradually add stock until mixture comes to a boil, stirring constantly. Reduce heat to medium low. Prepare rice as directed on box, omitting oil and salt. Add rice and chicken to stock and simmer 10 minutes. Add sherry. Serves 10.

Crock-Pot Ham with Mustard Sauce

For this Sunday menu idea, serve corn as a side dish. You'll be halfway to Monday supper!

In a Crock-Pot, layer 12–14 thick slices of fully cooked ham.

Pour over ham a mixture of:

- 20-ounce can crushed pineapple, drained
- 1/3 cup brown sugar
- dash of cinnamon

Cover and cook on low for 8–10 hours or on high for 4–6. Serve with mustard sauce.

Grandma Shug's Mustard Sauce

My mother-in-law's famous sauce. This is a classic at every Ehman holiday and any leftover is gobbled up with chicken nuggets!

In a saucepan combine:

- 1 cup sugar
- 1 cup prepared mustard
- 1 can tomato soup
- 3/4 cup vinegar
- 1 cup butter
- 4 eggs, well beaten

Cook over medium heat until it thickens, stirring constantly with a wire whisk. Cool and store in fridge. Can also be frozen. Delicious! (Also a hit for dipping chicken nuggets!)

Monday Soup Idea: Corn Chowder

This is my kids' all-time favorite homemade soup. Even better the second day as it thickens even more.

In a large pot combine:

- 4 cups chicken stock (or 4 cups water with bouillon cubes to taste)
- 4 cups chopped, peeled Yukon Gold potatoes
- 1 chopped onion
- 1/2 cup chopped celery

Cook, covered, over medium heat for 30 minutes or until potatoes are tender.

Then add:

- 3 tablespoons butter
- 1-2 cups finely chopped leftover ham
- 1 1/2 cups leftover corn
- 2 cans cream of chicken soup
- 1 1/2 cups sharp cheddar cheese

Just before serving, add:

- 8 ounces sour cream.

Thin with a little milk if needed. Stir well. Serves 8-10.

Italian Herbed Pot Roast

Just like grandma used to make. Serve this American favorite with a potato dish such as scalloped, au gratin or garlic mashed red skins.

- 3-3 1/2 pound English or sirloin tip roast, frozen
- 2 cups water
- 2 teaspoons dried, minced garlic
- 2 tablespoons beef bouillon
- 1 teaspoon marjoram
- 1 teaspoon oregano
- 1 tablespoon dried, minced onion
- 2 teaspoon basil
- salt and pepper to taste

Place frozen roast in large roasting pan. Pour water over. Sprinkle with bouillon and seasonings. Cover and cook at 350 degrees for 3 1/2 to 4 hours. Serves 6.

Monday Soup Idea: Beef Vegetable Soup

A classic and delicious dish, this is a snap to whip up on a busy day.

- 10 cups beef stock water (or 10 cups water with bouillon cubes to taste)
- 2 cups peeled, chopped potatoes
- 1 1/4 cups sliced carrots
- 1 onion, chopped fine (3/4 cup)
- 2 cups chopped cabbage
- 1 cup frozen peas
- 1 cup frozen corn
- 2 cups leftover chopped beef
- 14.5-ounce can chopped tomatoes
- 1/4 cup ketchup
- 2 tablespoon soy sauce
- 1 teaspoon dried, minced garlic (or one clove fresh, minced)
- 2 teaspoons basil
- 2 teaspoons oregano
- 2 bay leaves (optional)

Combine all and cook over medium heat for 30–45 minutes.

Then add:

- 1/4 cup orzo, alphabet-shaped, or other small pasta or 1/4 cup pearl barley

Cook 30–45 minutes longer, until pasta (or barley) is tender. Remove bay leaves.
Serves 8–10.