

**Mr. Food**  
TEST KITCHEN

# Comfort Food for the *Soul*

40 of Our Best Stews and Easy Soup Recipes

"OOH IT'S SO GOOD!!®"





## **Comfort Food for the Soul: 40 of Our Best Stews and Easy Soup Recipes**

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Dear Friend,

Stuck in bed with a cold that just won't go away? Maybe you're wishing you had a pick-me-up from Mom, but she's too far away? Well, never fear because the Mr. Food Test Kitchen is here! No matter what kind of soup or stew you're looking for, we've got just what you need to get you snuggly and cozy anytime you're feelin' a little blue.

We begin with a few of our favorite soup recipes that'll give you energy all day long with our vegetable and seafood selections. Pair up our **Bistro Tomato Soup** (page 1) with a homemade grilled cheese sandwich or turn your soup into a meal with our **Lighter Minestrone** (page 4). Plus, make sure to say "Ahoy!" to a seafood specialty like our **Fisherman's Wharf Clam Chowder** (page 6).

Let's face it: most nights we're trying to decide between chicken and beef. Don't worry — we've got plenty of soups for you to choose from! Whether you take a page out of the Pennsylvania Dutch cookbook with our **Amish Beef Barley Soup** (page 10) or you take a classic, "get well soon" route with **Mom's Chicken Soup** (page 18), you're sure to find something to tickle your fancy.

As much as we love soup, sometimes, it just doesn't cut it. When we're really hungry, we always love turning to stew. If you're looking to cook up a sophisticated, restaurant-worthy entrée, you'll gobble up our seafood and lamb options, such as our **Fisherman's Stew** (page 22) or our **Heavenly Lamb Stew** (page 38).

We're taking our classic chicken and beef soups to the next level with hearty, filling chicken and beef stews. On a rainy, gloomy day, what better way to cheer yourself up than with a classic beef stew recipe like our homemade **Goulash Stew** (page 28) or slow cooker favorite, **Make Ahead Hungarian Beef Stew** (page 31). Plus, get that chicken ready because you won't be able to resist our **Farmer's Stew** (page 37). Tuck in because this eCookbook is chock full of that...

"OOH IT'S SO GOOD!!®"

Kelly Howard Patty



P.S. Enjoy this eCookbook filled with 40 cozy soups and stews. Remember, the *Comfort Food for the Soul* eCookbook is available FREE, with many others also available on [www.MrFood.com](http://www.MrFood.com). Go on, tell your friends to visit [MrFood.com](http://MrFood.com), so they too can get their very own FREE copies!



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# Bistro Tomato Soup

Talk about special. We're giving our rich-tasting Bistro Tomato Soup an exciting extra that turns this classic into a trendy today favorite soup. Our simple, yet tasty cheese baked crackers make for a fun edible garnish.

## Ingredients

**Serves:** 6

**Cooking Time:** 15 min

2 (28-ounce) cans crushed tomatoes  
1 tablespoon sugar  
1/2 teaspoon garlic powder  
1 teaspoon salt  
1 teaspoon black pepper  
2 cups (1 pint) heavy cream  
1 tablespoon chopped fresh basil  
12 butter crackers  
1/2 cup shredded mozzarella cheese



## Directions

1. Preheat oven to 375 degrees F. Coat a baking sheet with cooking spray.
2. In a soup pot, combine tomatoes, sugar, garlic powder, salt, and pepper; bring to a boil over medium-high heat, stirring occasionally. Reduce heat to low and slowly stir in cream and basil. Simmer 5 to 7 minutes, or until heated through. Do not allow to boil.
3. Meanwhile, place crackers on baking sheet and sprinkle with mozzarella cheese. Bake 3 to 5 minutes, or until cheese is melted.
4. Top soup with crackers; serve immediately.



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# Tomato Corn Soup Italiano

Only six simple ingredients and presto, you've got a luxurious-tasting soup. We can't go wrong with Tomato Corn Soup Italiano!

## Ingredients

**Serves:** 4

**Cooking Time:** 40 min

- 1 tablespoon vegetable oil
- 1 (10-ounce) package frozen whole kernel corn, thawed
- 2 teaspoons dried Italian seasoning
- 1 (14-ounce) can chicken broth
- 1 (10-3/4-ounce) can tomato soup, undiluted
- 1/2 teaspoon garlic powder
- 1/2 teaspoon pepper

## Directions

1. In a large saucepan over medium-high heat, heat oil until hot; sauté corn with Italian seasoning 2 minutes.
2. Add remaining ingredients. Bring to a boil; cover, reduce heat to low, and simmer 15 minutes.



**Serving Suggestion:** Serve the soup with a grilled cheese sandwich, and you've got dinner!

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# Worth the Wait Cabbage Soup

Worth the Wait Cabbage Soup has been handed down in Patty's family for generations. The original recipe had to be simmered for hours, but with our shortcut version, we can enjoy the same great taste in much less time.

## Ingredients

**Serves:** 12

**Cooking Time:** 1 hr 30 min

2 (28-ounce) cans crushed tomatoes  
1 (12-ounce) can tomato paste  
Juice of 1 lemon  
4 beef bouillon cubes  
8 cups water  
1 cup granulated sugar  
1/2 cup packed brown sugar  
8 cups coarsely chopped green cabbage (1-1/2 to 2 pounds)



## Directions

1. In a soup pot over medium-high heat, combine all ingredients.
2. Bring to a boil, then reduce heat to low and simmer for 1-1/2 to 2 hours.



For a heartier soup, you can add 1 pound beef shoulder or chuck, cut into chunks. Just cook for an extra hour or until the beef is fork-tender.

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# Lighter Minestrone

This Italian soup helps pack in your daily quota of vegetables: 1 cup offers 2 servings of the fruits and veggies you need each day!

## Ingredients

**Serves:** 10

**Cooking Time:** 30 min

2 teaspoons olive oil  
2 cloves garlic, minced  
3 (14-ounce) cans 1/3-less-sodium chicken broth  
1 (16-ounce) package frozen Italian-style vegetables  
1 (16-ounce) can pinto beans, rinsed and drained  
1 (14-1/2-ounce) can Italian-style diced tomatoes, undrained  
3/4 cup (3 ounces) tubetti or other small tubular pasta  
1-1/2 teaspoons dried Italian seasoning  
3 tablespoons plus 1 teaspoon grated Parmesan cheese

## Directions

1. In a large saucepan over medium heat, heat oil. Add garlic and cook 1 minute, or until light golden. Stir in remaining ingredients except Parmesan cheese. Bring to a boil, reduce heat to low, and simmer, uncovered, 15 minutes, or until pasta is tender.
2. Ladle into individual serving bowls, and sprinkle each serving with 1 teaspoon Parmesan cheese.



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# Countryside Lentil Soup

Hearty yet healthy, our stick-to-your-ribs, Tuscan-inspired recipe for Countryside Lentil soup is pure comfort in a bowl! Put out a basket of crusty whole grain bread, and this one rounds out perfectly as a main dish meal.

## Ingredients

**Serves:** 6

**Cooking Time:** 1 hr

2 tablespoons olive oil  
1 onion, chopped  
3 garlic cloves, minced  
5 cups water  
3-1/2 cups chicken broth  
1 (12-ounce) package dried lentils, washed and drained  
3 carrots, finely chopped  
1 bay leaf  
1 teaspoon salt  
3/4 teaspoon black pepper



## Directions

1. In a soup pot over medium heat, heat oil; sauté onion and garlic 3 minutes. Add water, chicken broth, lentils, carrots, bay leaf, salt, and pepper; bring to a boil over medium-high heat.
2. Reduce heat to low, cover, and simmer 40 to 45 minutes, or until lentils are tender. **REMOVE AND DISCARD BAY LEAF BEFORE SERVING.**



For a heartier soup, add about 1 cup chopped smoked ham or leftover cooked beef or even chopped cold cuts along with the other ingredients.

**Serving Suggestion:** Trust us! You'll want to have some fresh biscuits handy so you can sop up every last delicious drop!

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# Fisherman's Wharf Clam Chowder

Thick 'n' hearty creamy white clam chowder is a meal in itself. Our rich-tasting Fisherman's Wharf Clam Chowder is classic comfort in a bowl.

## Ingredients

**Serves:** 4

**Cooking Time:** 25 min

1 small onion, chopped  
1 celery stalk, chopped  
2 (6-1/2-ounce) cans chopped clams, undrain  
1 (8-ounce) bottle clam juice  
1-3/4 cups chicken broth  
1 large potato, peeled and diced  
1/8 teaspoon dried thyme  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
3 tablespoons cornstarch  
2 cups (1 pint) heavy cream



## Directions

1. In a soup pot over medium heat, sauté onion and celery 3 to 5 minutes, or until tender. Add clams, clam juice, chicken broth, potato, thyme, salt, and pepper; cover and bring to a boil.
2. Reduce heat to medium, and cook, covered, 12 to 15 minutes, or until potatoes are tender. In a bowl, dissolve cornstarch in cream; add to soup.
3. Cook 5 minutes, or until thickened, stirring frequently.



**Serving Suggestion:** This is great served in a sourdough bread bowl.

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# Chilled Shrimp Cocktail Soup

This no-cook Chilled Shrimp Cocktail Soup is an all-around refreshing cold soup. Frozen, cooked salad shrimp add exciting taste and texture to a bowl of fresh diced veggies swimming in a broth that features chilled vegetable juice.

## Ingredients

**Serves:** 4

**Preparation Time:** 10 min

3 cups vegetable juice, chilled  
1 (11-ounce) jar cocktail sauce  
1 (10-ounce) package frozen cooked salad shrimp, thawed  
1 tomato, diced  
1/2 green bell pepper, diced  
1/2 cucumber, diced  
2 scallions, thinly sliced



## Directions

1. In a large bowl, combine all ingredients; mix well. Serve immediately, or cover and chill until ready to serve.



For added zing, mix in some hot pepper sauce or prepared white horseradish.

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# Easy Corn and Crabmeat Soup

This yummy soup is a surefire rave-getter. Impress your guests with it and enjoy their applause.

## Ingredients

**Makes:** 6 cups

**Cooking Time:** 25 min

1/4 cup butter  
1/4 cup all-purpose flour  
2 cups water  
2 cups half-and-half  
1 pound fresh lump crabmeat, drained  
1 (11-ounce) can whole kernel corn, drained  
2 tablespoons chicken bouillon granules  
3/4 teaspoon garlic salt  
1/4 teaspoon pepper

## Directions

1. In a large heavy saucepan over low heat, melt butter; add flour, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add water; cook over medium heat, stirring constantly, until thickened.
2. Stir in remaining ingredients; cover, reduce heat to low, and simmer 20 minutes.



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# All American Fish Chowder

Mild and mellow U.S. Farm-Raised Catfish is the star of this chunky, rich All-American Fish Chowder that's hearty enough to ladle up and enjoy as a main dish.

## Ingredients

**Serves:** 6

**Cooking Time:** 25 min

2 pounds U.S. Farm-Raised Catfish fillets, cut into 2-inch pieces

1 cup frozen corn

1 cup frozen peas

6 cups (1-1/2 quarts) milk

1 tablespoon dried thyme

1-1/2 teaspoons onion powder

1 teaspoon dried basil

1 teaspoon salt

1 teaspoon black pepper

1-1/2 cups instant mashed potato flakes



## Directions

1. In a soup pot over medium-high heat, combine all ingredients except potato flakes.
2. Bring to a boil, then reduce heat to low and simmer 8 to 10 minutes. Stir in potato flakes and simmer 3 to 5 additional minutes, or until thickened. Serve immediately.



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# Beef Tortellini Soup

Ever had a soup that make you want to lick the bowl clean? Well, if you haven't before, after you make this Beef Tortellini Soup you'll undoubtedly want to! Get your napkin ready!

## Ingredients

**Makes:** 11-1/2 cups

**Cooking Time:** 45 min

- 1 pound ground beef
- 3 cups water
- 1 (28 ounce) can tomato puree
- 1 (10-1/2 ounce) can French onion soup, undiluted
- 1 (9 ounce) package frozen cut green beans
- 1 (9-ounce) package refrigerated cheese-filled tortellini
- 1 zucchini, chopped

## Directions

1. In a Dutch oven, brown ground beef, stirring until it crumbles and is no longer pink; drain in a colander, discarding drippings. Return meat to Dutch oven.
2. Stir in remaining ingredients except zucchini. Bring to a boil, cover, reduce heat to low, and simmer 10 minutes. Add zucchini, and cook, uncovered, 15 minutes.



For a change of pace, try fresh ground turkey instead of beef, and replace the zucchini with yellow squash.

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# Amish Beef Barley Soup

The Pennsylvania Dutch people take advantage of their gardens whenever possible, and this easy version of a classic hearty Amish Beef Barley soup is chock full of veggies for a healthy stick-to-your-ribs main dish soup.

## Ingredients

**Serves:** 8

**Cooking Time:** 1 hr 10 min

2 tablespoons vegetable oil  
1 pound beef stew meat, cut into 1/2-inch chunks  
1 onion, chopped  
8 ounces sliced fresh mushrooms  
3 carrots, coarsely diced  
1 (14.5-ounce) can diced tomatoes, not drained  
8 cups beef broth  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
3/4 cup quick-cooking pearl barley



## Directions

1. In a soup pot over high heat, heat oil. Add beef, onion, mushrooms, and carrots and sauté 6 to 8 minutes, or until they begin to brown. Add diced tomatoes including the liquid, beef broth, salt, and pepper; bring to a boil. Reduce heat and simmer on low 30 minutes, or until beef is tender, stirring occasionally.
2. Add barley and simmer an additional 15 to 20 minutes, or until barley is tender. Serve immediately.



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# Jazzy Beef Soup

Red pepper adds kick and...you guessed it -- jazz to Jazzy Beef Soup. It really lives up to its name!

## Ingredients

**Serves:** 8

**Cooking Time:** 2 hr 15 min

3 pounds beef stew meat, cut into 1/2-inch chunks	1-1/2 teaspoons sugar
4 cups water	1/4 teaspoon ground red pepper
1 (28-ounce) can crushed tomatoes, undrained	1 tablespoon salt
1 large onion, chopped	1/2 teaspoon black pepper
2 celery stalks, sliced	2 cups chopped cabbage
2 garlic cloves, minced	1 green bell pepper, chopped
4 beef bouillon cubes	1/4 cup fresh lemon juice

## Directions

1. In a soup pot over medium-high heat, combine beef, water, tomatoes, onion, celery, garlic, bouillon, sugar, ground red pepper, salt, and black pepper. Bring to a boil, then reduce heat to low; cover and simmer 1-1/2 hours.
2. Stir in cabbage and bell pepper; cover and cook 30 to 45 minutes, or until beef is tender. Stir in lemon juice and serve.



We like to mix in some cooked rice to make this extra hearty.

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# Chili Beef Soup

Should you make chili or soup? Can't decide? This is where Chili Beef Soup comes to the rescue!

## Ingredients

**Serves:** 6

**Cooking Time:** 35 min

1/2 pound ground beef  
1 onion, chopped  
1 (14-1/2-ounce) can diced tomatoes, undrained  
1-1/2 cups water  
1 (16-ounce) can kidney beans, undrained  
1 (8-ounce) can whole kernel corn, drained  
1 (8-ounce) can tomato sauce  
1 teaspoon chili powder



## Directions

1. In a soup pot over medium heat, brown ground beef and onion 5 to 7 minutes. Add remaining ingredients; mix thoroughly.
2. Reduce heat to low and simmer, uncovered, 30 minutes, or until heated through.



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# Hamburger Soup

No, this isn't a mistake - it really is hamburger soup! This is hamburger that we eat with a spoon...and serve with a bun for dunking! But we do recommend serving it with a ladle instead of a spatula.

## Ingredients

**Serves:** 8

**Cooking Time:** 20 min

1-1/2 pounds ground beef  
1 onion, chopped  
7 cups beef broth  
1 (28-ounce) can diced tomatoes, undrained  
1 (16-ounce) package frozen peas and carrots  
1 teaspoon black pepper

## Directions

1. In a soup pot over medium-high heat, brown ground beef and onion 5 to 8 minutes, or until browned; drain.
2. Add remaining ingredients, reduce heat to medium, and cook 15 minutes, or until vegetables are tender.



**Serving Suggestion:** To be truly burger-authentic, serve each bowl of soup with a dollop each of ketchup and mustard, and a toasted sesame seed bun.

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# Chicken and Dumplings

Why is this one of our favorite chicken soups? Maybe because of the homemade dumplings that are swimming in it. Chicken and Dumplings is a hearty soup that you can enjoy as a meal-starter or a main dish.

## Ingredients

**Serves:** 6

**Cooking Time:** 25 min

3 celery stalks, sliced  
2 carrots, sliced  
8 cups chicken broth (see Note)  
1/2 teaspoon poultry seasoning  
1/4 teaspoon black pepper  
2 cups biscuit baking mix (see Note)  
2/3 cup milk (see Note)  
3 cups chopped cooked chicken



## Directions

1. Coat a large Dutch oven with cooking spray and heat over medium-high heat. Add celery and carrots; sauté 6 minutes, or until tender. Stir in broth, poultry seasoning, and pepper; bring to a boil.
2. Meanwhile, stir together biscuit mix and milk until blended. Turn dough out onto a heavily floured surface; roll or pat dough to 1/8-inch thickness. Cut into 1- x 3-inch strips.
3. Drop strips one at a time into boiling broth; stir in chicken. Cover, reduce heat to low, and simmer 8 minutes, stirring occasionally.



You can lighten up this Southern classic without sacrificing taste. Substitute low-sodium fat-free chicken broth, reduced-fat biscuit baking mix, and fat-free milk for their regular counterparts.

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# Best Noodle Soup Ever

We're betting you'll agree that this is the Best Noodle Soup Ever. Our Asian-style chicken soup with lots of noodles swimming in the flavorful broth is sure to bowl over your soup-lovers.

## Ingredients

**Serves:** 10

**Cooking Time:** 20 min

8 cups chicken broth  
1 tablespoon light soy sauce  
1 cup sliced fresh mushrooms  
1 (8-ounce) can sliced water chestnuts, drained  
1 carrot, peeled and shredded  
1/2 pound boneless, skinless chicken breast, cut into 1/2-inch chunks  
1/4 pound uncooked spaghetti, broken in half  
1 cup fresh snow peas, trimmed  
2 scallions, sliced



## Directions

1. In a soup pot over medium-high heat, combine chicken broth, soy sauce, mushrooms, water chestnuts, carrot, and chicken; bring to a boil.
2. Add spaghetti and snow peas, and continue boiling 8 minutes, or until pasta is cooked, stirring occasionally. Top each serving with sliced scallions.



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# Cheesy Chicken Corn Soup

Cheesy Chicken Corn Soup is chock-full of goodies that will make you feel satisfied and warm all over.

## Ingredients

**Serves:** 6

**Cooking Time:** 40 min

3 (10-3/4-ounce) cans cream of chicken soup, undiluted  
1-3/4 cups chicken broth  
1 (16-ounce) package frozen whole kernel corn  
2 cups chopped cooked rotisserie chicken  
1 (10-ounce) can diced tomatoes and green chilies  
1 (8-1/2-ounce) can cream-style corn  
1 (8-ounce) loaf pasteurized cheese product, cubed (like Velveeta)  
1 garlic clove, minced  
1/4 teaspoon black pepper



## Directions

1. In a Dutch oven, stir together cream of chicken soup and broth until blended.
2. Add remaining ingredients and bring to a boil over medium heat. Reduce heat and simmer 30 minutes or until smooth and thoroughly heated, stirring often.



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# Mom's Chicken Soup

Need a little comfort that only "Mom" can provide? Well, you're sure to feel and taste lots of TLC in each spoonful of our Test Kitchen's classic soothing Mom's Chicken Soup.

## Ingredients

**Serves:** 8

**Cooking Time:** 1 hr 45 min

1 (3- to 4-pound) chicken, cut into quarters  
4 quarts water  
3 carrots, cut into chunks  
3 celery stalks, cut into chunks  
2 onions, cut into chunks  
1 teaspoon salt  
1/2 teaspoon pepper  
Chicken base or bouillon cubes to taste, optional  
(see Notes)



## Directions

1. Rinse chicken under cold running water. In a soup pot over medium-high heat, place all ingredients except chicken base; bring to a boil.
2. Reduce heat to low and simmer about 1-1/2 hours, or until chicken meat falls off the bones. Cool slightly, then separate chicken from bones, discarding bones. Return chicken pieces to soup. Add chicken base, if desired, and stir until completely dissolved.



If you decide to intensify the flavor of your soup with chicken base, begin with 1 or tablespoons. If you are using chicken bouillon cubes, you can use 2 to 3.

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# Italian Chicken Soup

Forget the big pot simmering on the stove for hours and don't worry about boning the chicken, either. Instead, enjoy the quick ease of this toss-together.

## Ingredients

**Serves:** 8

**Cooking Time:** 50 min

7 cups water  
6 (10.5-ounce) cans condensed chicken broth  
2 onions, finely chopped  
4 carrots, finely chopped  
1 bay leaf  
1/8 teaspoon ground cinnamon  
1/8 teaspoon ground cloves  
1/8 teaspoon crushed red pepper  
8 ounces uncooked orzo or acini di pepe pasta  
1 cup grated Romano cheese

## Directions

1. In a soup pot over high heat, combine the water, chicken broth, onion, carrots, bay leaf, cinnamon, cloves, and red pepper; bring to a boil. Reduce heat to low, cover, and simmer 30 minutes, stirring occasionally.
2. Remove and discard bay leaf. Add pasta and return to a boil. Cook 8 to 10 minutes, or until pasta is tender. Just before serving, stir in Romano cheese.



If you're not planning to serve all the soup right away, add the cheese to each individual serving bowl instead of stirring it into the whole batch.

# Mexican Tortilla Soup

Mexican Tortilla Soup is an unexpected treat when you're looking for a warming way to start your meal. Why, it's even hearty enough for a light meal all by itself or with a salad or quesadillas.

## Ingredients

**Serves:** 8

**Cooking Time:** 15 min

1 tablespoon vegetable oil  
1 pound boneless, skinless chicken breast, cut into 1/2-inch chunks  
1 red bell pepper, coarsely chopped  
3 garlic cloves, minced  
5-1/4 cups reduced-sodium chicken broth  
1 (10-ounce) package frozen whole kernel corn  
1/2 cup salsa  
1/4 cup chopped fresh cilantro  
1 cup broken-up baked tortilla chips



## Directions

1. In a soup pot, heat oil over medium heat. Add chicken, bell pepper, and garlic and cook about 3 minutes, or until chicken is browned, stirring frequently.
2. Stir in chicken broth, corn, and salsa; bring to a boil. Reduce heat to low, cover, and simmer 5 minutes, or until chicken is no longer pink.
3. Stir in cilantro, ladle into bowls, and serve topped with tortilla chips.



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# Cheesy Mac and Chicken Soup

This one is like a hearty, warm hug. Yes, our Cheesy Mac and Chicken Soup literally cooks itself in a slow cooker, so that we come home to a creamy, rich bowl of soup that is as comforting as can be.

## Ingredients

**Serves:** 6

**Cooking Time:** 6 hr

3-1/2 cups low-sodium chicken broth  
1 (16-ounce) package frozen mixed vegetables  
1 (10.75-ounce) can cream of chicken soup, undiluted  
2 cups chopped cooked chicken  
1 (16-ounce) package pasteurized prepared cheese product, cubed  
1 (20-ounce) package frozen macaroni and cheese



## Directions

1. In a 5- to 6-quart slow cooker, combine chicken broth, mixed vegetables, cream of chicken soup, and cooked chicken.
2. Cover and cook on LOW setting 4 hours. Add cheese and frozen macaroni and cheese. Cover and cook on LOW setting 2 additional hours, or until cheese melts and soup is thoroughly heated.



To keep this recipe really easy, you can use leftover cooked chicken or a rotisserie chicken.

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# Fisherman's Stew

Try serving this country-style in individual soup bowls over crisp garlic bread. We love it! Just add a salad and it's a whole meal!

## Ingredients

**Serves:** 6

**Cooking Time:** 20 min

1/4 cup olive oil	1/4 teaspoon pepper
2 onions, sliced	1 teaspoon paprika
3 garlic cloves, crushed	1 tablespoon seafood seasoning
1 (14-1/2-ounce) can diced tomatoes	1 bay leaf
1 (15-ounce) can tomato sauce	1-1/2 cups water
1 tablespoon chopped fresh parsley	2-1/2 to 3 pounds white-fleshed fish fillets, such as cod, haddock, sole, or flounder, cut into large chunks (approximately 3 inches each)
1/4 teaspoon salt	

## Directions

1. In a large saucepan, heat oil; sauté onions and garlic until soft. Add tomatoes, tomato sauce, parsley, salt, pepper, paprika, seafood seasoning, and bay leaf. Cook 5 to 7 minutes, stirring occasionally.
2. Add water and fish. Bring to a boil and cook an additional 5 to 6 minutes, or until fish is cooked through. Remove bay leaf before serving.



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# Cioppino (Seafood Stew)

Simmered vegetables and seafood make for a tantalizing Italian meal. If you love a quick and easy stew, you've gotta try Cioppino!

## Ingredients

**Serves:** 4

**Cooking Time:** 20 min

2 tablespoons olive oil	2 teaspoons sugar
6 scallions, thinly sliced	1/2 teaspoon salt
1/4 cup chopped fresh parsley	1/2 teaspoon black pepper
4 garlic cloves, chopped	1 pound white-fleshed fish (like basa), cut into 1-inch chunks
1 (15-ounce) can crushed tomatoes	1/2 pound uncooked shrimp, peeled and deveined, tails left on
1 (15-ounce) can diced tomatoes	
1 cup dry white wine	

## Directions

1. In a soup pot over medium-high heat, heat olive oil. Add scallions, parsley, and garlic; cook 2 minutes. Stir in the crushed and diced tomatoes, wine, sugar, salt, and pepper. Reduce heat to low and simmer 10 minutes.
2. Stir in fish and shrimp, cover, and cook 6 to 8 minutes, or until fish flakes easily with a fork.



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# Italian Seafood One Pot

Here's a super blend of Mediterranean seafood that our ancestors made in just one pot. We can do it the same way today, which still means lots of flavor and little cleanup!

## Ingredients

**Serves:** 8

**Cooking Time:** 20 min

3 tablespoons olive oil	1 large clove garlic, chopped
3/4 to 1 pound fresh or frozen skinless whiting, cod or haddock fillets, thawed if frozen, cut into 2-inch pieces	1 tablespoon minced fresh parsley
1/2 cup dry white wine	1/2 teaspoon salt
1 (12-ounce) bag frozen okra	1 pound cooked shrimp
2 large tomatoes, chopped	1 pound cleaned fresh mussels
1 cup chopped onion	2 (6-ounce) cans chopped clams with juice

## Directions

1. In a large pot over medium-high heat, heat olive oil. Add fish pieces and cook 3 to 4 minutes, or until lightly browned. Add wine, okra, tomatoes, onions, garlic, parsley, salt, and shrimp.
2. Bring to a boil, then reduce heat to medium and cook an additional 4 to 5 minutes. Add mussels and chopped clams with their juice. Cook an additional 4 minutes, or just until mussels open. Do not overcook mussels. Discard any mussels that do not open by themselves.



**Serving Suggestion:** Make sure you have a loaf of crusty bread for dunking. You wouldn't want to waste any of the sauce!

# Beef with Barley

Our beef with barley recipe is a great make-ahead meal that offers old-fashioned long cooking tasty comfort! Welcome your gang home to this hearty one pot, for a dinner that satisfies long after they're done eating it!

## Ingredients

**Serves:** 6

**Cooking Time:** 2 hr

1 tablespoon vegetable oil  
1 boneless beef chuck arm, blade, or shoulder pot roast (about 3 pounds)  
1 teaspoon salt  
1/2 teaspoon black pepper  
1/2 pound mushrooms, halved  
1 onion, chopped  
3 garlic cloves, minced  
1-3/4 cups beef broth  
1 teaspoon dried tarragon  
1 bay leaf  
1 cup quick-cooking pearl barley  
1 (9-ounce) package frozen peas, thawed  
1/3 cup sour cream



## Directions

1. In a soup pot over medium heat, heat oil until hot. Add roast and cook 4 to 6 minutes, browning on all sides; remove roast from pot and season with salt and pepper.
2. Add mushrooms, onion, and garlic to pot. Sauté 5 to 7 minutes, or until onion is lightly browned. Add broth, tarragon, and bay leaf, then return roast to pot and bring to a boil.
3. Reduce heat to low, cover tightly, and simmer 1-1/2 hours. Stir in barley, cover, and cook 10 to 12 minutes.
4. Remove roast from pot and keep warm. Remove and discard bay leaf then add peas and sour cream to barley mixture, stirring constantly over low heat just until heated through. Carve roast and serve with barley mixture.

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# Burgundy Beef Stew

One-pot meals offer much more than just easy cleanup. This easy, hearty beef stew recipe is fancied up with a splash of Burgundy wine. If it's stick-to-your-ribs satisfaction you want along with company-special taste, you've found it!

## Ingredients

**Serves:** 5

**Cooking Time:** 1 hr 55 min

1 tablespoon vegetable oil  
1-1/2 pounds beef stew meat, cut into 1-inch chunks  
1 teaspoon dried thyme  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
1-3/4 cups beef broth  
1/2 cup Burgundy or other dry red wine  
3 garlic cloves, minced  
2 cups baby carrots  
1 cup frozen whole pearl onions  
3 tablespoons cornstarch  
2 tablespoons water  
1 (8-ounce) package frozen sugar snap peas



## Directions

1. In a large pot over medium-high heat, heat oil; brown beef in batches. Pour off drippings, then return cooked beef to pot and season with thyme, salt, and pepper.
2. Stir in beef broth, wine, and garlic, and bring to a boil. Reduce heat to low, cover, and simmer 1 hour.
3. Stir in carrots and onions; cover and cook an additional 30 to 45 minutes, or until beef and vegetables are tender.
4. In a small bowl, dissolve cornstarch in water. Add cornstarch mixture to beef mixture and stir 1 minute, or until thickened.
5. Stir in sugar snap peas and cook an additional 3 to 4 minutes, or until heated through.

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# Dressed Up Irish Stew

This is no old-fashioned Irish stew! Our updated version is dressed up by using lamb chops instead of stew meat, and the result will have your gang doing an Irish jig!

## Ingredients

**Serves:** 4

**Cooking Time:** 1 hr 20 min

1 tablespoon vegetable oil

3 pounds shoulder lamb chops (7 to 8 chops), each chop cut in half

5 to 6 carrots, peeled and cut into 2-inch chunks

2 onions, peeled and cut into 1-inch chunks

1/2 teaspoon salt

1/2 teaspoon black pepper

1/2 teaspoon dried thyme

6 white potatoes, peeled and cut in half lengthwise

3-1/2 cups beef broth

2 to 3 tablespoons all-purpose flour

1/3 cup water

1 teaspoon chopped fresh parsley



## Directions

1. In a heavy soup pot or Dutch oven, heat oil over high heat. Brown lamb chops on both sides, about 6 minutes, in batches if necessary.
2. Place cooked chops back in pot, top with carrots and onions, and sprinkle with salt, pepper, and thyme. Arrange potatoes on top, cut-side down; pour beef broth over potatoes and bring to a boil over high heat. Cover, reduce heat to low, and simmer 1 to 1-1/4 hours, or until meat is fork-tender.
3. In a small bowl, mix flour and water. Remove potatoes to a platter, add flour mixture to pot, and cook 2 to 3 minutes, stirring occasionally, or until gravy is thickened. Sprinkle with parsley and serve immediately.



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# Goulash Stew

With sour cream and paprika, it's Hungarian. With caraway seeds, it's German. With tarragon, it's French. With cumin, it's Mexican. And with any of them it tastes even better reheated the next day. It's a great make-ahead dish so there's no fuss at dinner time.

## Ingredients

**Serves:** 4

**Cooking Time:** 2 hr 30 min

3-1/2 cups water, divided  
2 pounds stew beef  
1 large onion, diced  
1 large potato, peeled and cut into 1-1/2-inch cubes  
1-1/2 cups ketchup  
1/4 cup Worcestershire sauce  
2 tablespoons firmly packed brown sugar  
1 tablespoon salt (optional)  
1 tablespoon paprika (or hot paprika, if you want it truly Hungarian-style)  
1/4 teaspoon dry mustard  
3 tablespoons all-purpose flour

## Directions

1. In a large pot, combine 3 cups water and all other ingredients except flour. Bring to a boil, then reduce heat to low, and simmer 2 hours.
2. In a small bowl, mix flour and remaining water until smooth. Return stew to a full boil and gradually whisk in flour mixture. Cook until liquid is thickened, stirring occasionally.



**Serving Suggestion:** Serve over noodles.

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# Hillbilly One Pot

Take your taste buds to the backwoods, country-style way of cooking and rustle up our hearty Hillbilly One Pot. Made from a load of fresh ingredients, this one is down-home special!

## Ingredients

**Serves:** 6

**Cooking Time:** 50 min

1-1/2 pounds ground beef  
4 cups beef broth  
3 (15.5-ounce) cans black eyed peas, not drained  
3 potatoes, peeled, diced  
1 onion, chopped  
1 celery stalk, chopped  
1 carrot, chopped  
3/4 teaspoon smoked paprika  
1 teaspoon salt  
1/2 teaspoon black pepper



## Directions

1. In a soup pot over medium heat, sauté ground beef 5 to 6 minutes, or until browned. Add remaining ingredients and bring to a boil. Reduce heat to low, cover, and simmer 30 to 35 minutes, or until potatoes are fork-tender.



**Serving Suggestion:** Sopping up this flavorful sauce with some tasty rolls is definitely the way to go here!

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# Cozy Beef Stew

This warm and cozy beef stew is the perfect one-pot meal to throw together and cook on the stovetop. The best part is it tastes even better the next day, so it fits as a make-ahead, too!

## Ingredients

**Serves:** 4

**Preparation Time:** 5 min

**Cooking Time:** 1 hr 15 min

2 tablespoons vegetable oil  
2-1/2 pounds beef stew meat, trimmed and cut into 1-inch chunks  
1 onion, coarsely chopped  
1 garlic clove, minced  
1/2 teaspoon black pepper  
2 (15-ounce) cans mixed vegetables, undrained (see Notes)  
1 (15-ounce) can whole potatoes, drained and quartered, with liquid reserved  
1 (14.5-ounce) can whole tomatoes, drained and quartered, with liquid reserved  
1 (10.5-ounce) can condensed beef broth

## Directions

1. In a soup pot, heat oil over high heat. Add beef, onion, garlic, and pepper, and cook 10 minutes, or until beef is browned, stirring frequently.
2. Stir in remaining ingredients, including reserved liquids, and bring to a boil. Reduce heat to medium and cook 1 hour, or until beef is tender and a thick gravy has formed, stirring occasionally.



For a chunkier stew, use 1 can cut green beans and 1 can sliced carrots instead of 2 cans mixed vegetables.

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# Make Ahead Hungarian Beef Stew

This Make Ahead Hungarian Beef Stew is perfect to make in your slow cooker. It's so helpful to be able to cut up everything the night before and store it in the refrigerator. Then you just place it in the slow cooker in the morning and let it cook!

## Ingredients

**Serves:** 4

**Cooking Time:** 8 hr

3 potatoes, peeled and cut into 1-inch chunks  
2 large onions, cut into large chunks  
5 carrots, cut into 1-inch chunks  
1 (10-ounce) package frozen lima beans, thawed  
2 pounds beef stew meat or boneless chuck roast, cut into 1-1/2-inch chunks  
1 (14-1/2-ounce) can diced tomatoes, undrained  
1/2 cup beef broth  
2 garlic cloves, minced  
2 tablespoons paprika  
1-1/2 teaspoons salt  
1/2 cup instant mashed potato flakes  
1 cup sour cream



## Directions

1. In a 3-1/2-quart (or larger) slow cooker, combine potatoes, onions, carrots, and lima beans; mix well.
2. In a large bowl, combine meat, tomatoes with liquid, broth, garlic, paprika, and salt; place over vegetables in slow cooker.
3. Cover and cook on LOW setting 8 to 10 hours, or until meat is cooked through and fork-tender.
4. Stir in potato flakes until well mixed and stew has thickened. Just before serving, stir in sour cream.



**Serving Suggestion:** Although this is a hearty meal by itself, serving it over warm buttered egg noodles creates a real Hungarian delight!

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# Irish Beef Stew

All eyes will be smiling, Irish or not, when we serve up this hearty Irish Beef Stew inspired by the classic tastes of the Emerald Isle. This all-in-one-pot meal cooks up to be weeknight or company special.

## Ingredients

**Serves:** 4

**Cooking Time:** 1 hr 50 min

1 tablespoon vegetable oil  
2 pounds beef or lamb stew meat  
3 cups beef broth  
1-1/2 cups (12 ounces) Guinness beer  
2 garlic cloves, minced  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
4 large carrots, peeled and cut into 1-inch chunks  
3 celery stalks, sliced into 1/2-inch chunks  
1 large onion, peeled and cut into 1-inch chunks  
2 tablespoons all-purpose flour  
1/3 cup water



## Directions

1. In a soup pot, heat oil over high heat. Stir in stew meat and cook 8 to 10 minutes, or until meat is browned.
2. Stir in broth, beer, garlic, salt, and pepper; bring to a boil, reduce heat to low, cover, and simmer 30 minutes.
3. Add carrots, celery, and onion; mix well then cook 1 hour, or until meat is tender.
4. In a small bowl, mix flour with water. Stir into stew, then cook 2 to 3 minutes, or until sauce is thickened.



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# Chicken Bott Boi

Yes, Bott Boi is the real name for this traditional Pennsylvania Dutch dish. Because it's actually dressed-up bow-tie pasta and chunky veggies, we call it a great meal, too!

## Ingredients

**Serves:** 6

**Cooking Time:** 1 hr 30 min

10 cups water  
1 chicken (3 to 3-1/2 pounds), cut into 8 pieces  
1 large onion, cut into 1-inch chunks  
2 celery stalks, cut into 1/2-inch chunks  
1 tablespoon salt  
1/2 teaspoon black pepper  
7 potatoes, peeled and cut in half  
12 ounces bow tie pasta

## Directions

1. In an 8-quart soup pot over medium-high heat, combine water, chicken, onion, celery, salt, and pepper; bring to a boil. Cover, reduce heat to medium-low, and cook 50 minutes.
2. Remove chicken to a platter, then add potatoes to pot and cook 10 minutes.
3. Meanwhile, bone chicken, discarding bones and skin, and cut chicken into bite-sized pieces.
4. Add pasta to pot and cook 8 to 10 minutes, or until pasta is tender. Return chicken to pot and continue cooking until heated through. Serve in bowls.



This will thicken up as it sits, so you may want to add additional water when you re-heat any leftovers.

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# Chicken Fricassee

This thick, chunky stew known as Chicken Fricassee is the perfect comforting recipe to make when we want to keep the kitchen cool, yet serve up some down-home warmth at mealtime!

## Ingredients

**Serves:** 6

**Cooking Time:** 1 hr 5 min

4 tablespoons vegetable oil  
2 large onions, chopped  
4 pounds split chicken wings  
3 (12-ounce) jars beef gravy  
1 teaspoon paprika  
1 teaspoon sugar  
1 teaspoon garlic powder  
1 teaspoon black pepper  
2 pounds ground beef  
2 eggs  
1/2 cup bread crumbs  
1 teaspoon onion powder  
1/8 teaspoon salt



## Directions

1. In a soup pot, heat oil over medium-high heat. Add onions and sauté until softened. Add chicken wings and cook about 15 minutes, or until golden, stirring occasionally.
2. Add gravy, paprika, sugar, garlic powder, and black pepper, and cook over medium heat about 20 minutes, stirring occasionally.
3. Meanwhile, in a large bowl, combine ground beef, eggs, bread crumbs, onion powder, and salt. Roll into small meatballs.
4. Gradually add meatballs to pot and cook 20 to 30 additional minutes, or until meatballs are cooked through, stirring mixture frequently but carefully to avoid breaking meatballs.



This is great served in bowls over warm, cooked egg noodles.

# Hearty Amish Chicken Stew

This down-on-the-farm, Amish-style, comforting one-pot stew is sure to take the chill out of a winter night. Anytime you have a hungry gang and don't want to resort to fast food, this quick-cooking Hearty Amish Chicken Stew will be ready before you know it.

## Ingredients

**Serves:** 6

**Cooking Time:** 40 min

10 cups chicken broth  
4 potatoes, peeled and cut into quarters  
1 small onion, cut into 1-inch chunks  
2 celery stalks, cut into 1/2-inch chunks  
1 carrot, peeled and sliced thin  
2 teaspoons salt  
1/2 teaspoon black pepper  
12 ounces bowtie pasta  
1 rotisserie chicken, skinned, boned, and shredded (about 3 cups)



## Directions

1. In a soup pot over medium-high heat, combine broth, potatoes, onion, celery, carrot, salt, and pepper; bring to a boil and cook 10 minutes.
2. Stir in pasta and cook 8 minutes. Add chicken and cook 4 to 5 minutes, or until chicken is heated through. Spoon into bowls and serve immediately.



This will thicken up as it sits, so you may want to add additional water when you reheat any leftovers.



**Serving Suggestion:** This one-pot meal has it all! The only thing we'd suggest adding is a bread basket with some delicious buttery breadsticks and some warm biscuits.

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# Farmer's Stew

Whether you've had a hectic day on the farm or at another job, you're in for a hearty meal at sunset with this stew.

## Ingredients

**Serves:** 4

**Cooking Time:** 25 min

3 tablespoons olive oil	1/2 cup chopped fresh parsley, divided
1 to 1-1/2 pounds boneless, skinless chicken breasts, cut into 1-inch chunks	1 tablespoon dried basil
2 onions, chopped	2 teaspoons dried oregano
8 garlic cloves, coarsely chopped, divided	1-1/2 teaspoons salt
6 plum tomatoes, cut into 1-inch chunks	1/2 teaspoon black pepper
3 zucchini, cut into 1-inch chunks	2 (15-ounce) cans whole potatoes, drained
2 red bell peppers, cut into 1-inch chunks	Peel of 1 lemon, finely grated

## Directions

1. In a 6-quart soup pot over high heat, heat olive oil . Add chicken, onions, and 6 chopped garlic cloves. Cook 8 to 10 minutes, or until chicken is browned on all sides, stirring frequently.
2. Reduce heat to medium and add tomatoes, zucchini, red peppers, 1/4 cup parsley, the basil, oregano, salt, and black pepper. Cover and cook 10 minutes, then add potatoes, lemon, remaining garlic cloves and remaining parsley. Stir until thoroughly mixed, then cover and cook 5 to 7 minutes, or until potatoes are warmed through. Serve immediately.



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# Easy Kentucky Burgoo

Burgoo is a big favorite for Kentucky Derby-watching parties, and our version of Easy Kentucky Burgoo makes this hearty stew even simpler to pull off. And whether for the big race or anytime at all, it's a one-pot that always satisfies.

## Ingredients

**Serves:** 6

**Cooking Time:** 1 hr 50 min

- 1 (3-pound) chicken, cut into 8 pieces
- 1 pound beef top round, cut into 1/2-inch cubes
- 6 cups beef broth
- 1/4 teaspoon ground red pepper
- 2 (16-ounce) packages frozen vegetable gumbo mix, thawed
- 1 (6-ounce) can tomato paste



## Directions

1. In a soup pot, combine chicken, beef, broth, and pepper; bring to a boil over high heat. Reduce heat to low, cover loosely, and simmer 1 hour, stirring occasionally.
2. Add vegetable gumbo mix and tomato paste. Increase heat to medium-high and return to a boil. Let boil 25 to 30 minutes, or until thick, stirring occasionally.



If you can't find gumbo mix, you can substitute with 3 cups frozen okra, 3 cups frozen corn, a small green bell pepper, chopped, and a small onion, chopped.

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# Heavenly Lamb Stew

You're probably thinking, "What a combination of ingredients!" But when simmered together, they're simply heavenly!

## Ingredients

**Serves:** 4

**Cooking Time:** 50 min

2 tablespoons vegetable oil  
2 pounds boneless leg of lamb, cut into chunks  
1-1/2 teaspoons salt  
1/4 teaspoon black pepper  
1 small onion, chopped  
2 garlic cloves, minced  
1 teaspoon ground cumin  
1 (17-ounce) can apricot halves in heavy syrup, juice reserved

## Directions

1. In a soup pot over medium-high heat, heat oil; add lamb, salt, and pepper. Cook 7 to 10 minutes, or until lamb is browned, stirring occasionally.
2. Stir in remaining ingredients. Reduce heat to low, cover, and simmer 40 to 45 minutes, or until lamb is fork-tender.



**Serving Suggestion:** Like most stews or saucy dishes, we like to serve this over hot cooked rice, noodles, or potatoes so none of the heavenly sauce gets lost!

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# One Pot Couscous

This easy, one-pot, international favorite starts with bite-sized boneless leg of lamb chunks and pasta pearls known as couscous. One Pot Couscous cooks up into a flavorful, change-of-pace Moroccan-style lamb stew your gang is sure to enjoy!

## Ingredients

**Serves:** 4

**Cooking Time:** 1 hr 15 min

2 to 2-1/2 pounds lamb stew meat or boneless leg of lamb, cut into 1-inch chunks  
1 onion, coarsely chopped  
3 garlic cloves, minced  
1 (28-ounce) can crushed tomatoes  
1-3/4 cups beef broth  
1 (16-ounce) package frozen mixed vegetables  
1 teaspoon ground cinnamon  
1 teaspoon salt  
1/2 teaspoon black pepper  
1 (10-ounce) package couscous (see Note)

## Directions

1. Coat a soup pot with cooking spray. Over medium-high heat, brown the lamb, onion, and garlic 8 to 10 minutes, or until no pink remains in the lamb.
2. Add crushed tomatoes, broth, mixed vegetables, cinnamon, salt, and pepper; bring to a boil. Reduce heat to low, cover, and simmer 55 to 60 minutes, or until lamb is fork-tender.
3. Stir in couscous and simmer 4 to 5 minutes, or until couscous is tender.



Couscous can usually be found in the pasta and rice section of your supermarket.

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# Dunkin' Lamb One-Pot

Maybe we should have added a hearty bread to this ingredient list, 'cause that's what makes eating this lamb so good -- all the dunkin'!

## Ingredients

**Serves:** 4

**Cooking Time:** 1 hr 10 min

2 tablespoons olive oil  
3 garlic cloves, minced  
1 large onion, coarsely chopped  
1-1/4 pounds leg of lamb or lamb stew meat, cut into 1-inch chunks  
1 cup chopped fresh parsley  
2 (28-ounce) cans whole tomatoes, drained and coarsely chopped  
1 (16-ounce) can garbanzo beans, drained  
1 cup water  
1 teaspoon ground cumin  
1/4 teaspoon ground red pepper  
1 teaspoon salt

## Directions

1. In a soup pot over medium-high heat, heat the oil. Add garlic and sauté 1 minute, or until lightly browned. Add onion and lamb and cook 8 to 9 minutes, or until onions are tender and lamb is no longer pink. Add remaining ingredients and bring to a boil.
2. Reduce heat to low, cover, and simmer 50 to 60 minutes, or until lamb is fork-tender.



For a special occasion, you might want to replace 1/2 cup of the water with 1/2 cup dry white wine. Put a few croutons in the soup, and you've got another great way to "dunk" without dunkin'!

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