**Lemony Spinach Soup With Farro submitted by Margaret Wick**

Ingredients

4tbsp of olive oil

2 leeks, white and light green parts chopped

2 celery stalks diced

3 garlic cloves, finely chopped

3 rosemary or thyme branches

2 bay leaves

2 to three potatoes peeled, cut in one inch pieces

1 quart of vegetable stock

1 ½ tsp of sea salt

½ tsp black pepper

1 cup farro

1 lb baby spinach

1 cup each cilantro and parsley

juice of half of lemon

extra virgin olive oil

flaky sea salt

red pepper flakes

parmesan grated

Directions

Heat olive oil in a heavy bottomed pot over medium-high heat. Stir in leaks and celery. Cook, stirring occasionally, until tender, about 10 minutes. Stir in garlic, rosemary, and bay leaves; cook 1 minute. Stir and potatoes, stock, 2 cups water and salt and pepper. Bring to a boil reduce heat to medium and simmer partly covered 30 to 40 minutes. Meanwhile bring a medium pot of salted water to boil add farro and cook until just tender, 20 to 30 minutes. Drain. Discard rosemary and bay leaves from soup. Add greens, simmer, uncovered until soft, 5 to 8 minutes. With an immersion blender puree until smooth. Add lemon juice, adjust salt. Stir in farro and ladle soup into bowls. Finish with olive oil a touch of lemon juice, flaky salt, red pepper, and grated Parmesan. Serves six.

**Slow Cooker Creamy White Chicken Chili Submitted by Nancy Harrison**

Ingredients

1 lb boneless skinless chicken breasts trimmed of excess fat

1 yellow onion diced

2 cloves garlic minced

24 oz. chicken broth (low sodium)

2 15oz cans great Northern beans drained and rinsed

2 4oz cans diced green chilis (I do one hot, one mild)

1 15oz can whole kernel corn drained

1 tsp salt

1/2 tsp black pepper

1 tsp cumin

3/4 tsp oregano

1/2 tsp chili powder

1/4 tsp cayenne pepper

small handful fresh cilantro chopped

4 oz reduced fat cream cheese softened

1/4 cup half and half

Toppings

sliced jalapenos

sliced avocados

dollop of sour cream

minced fresh cilantro

tortilla strips

shredded Monterey jack or Mexican cheese

Directions

Place chicken breasts in the bottom of the crock pot; add remainder of the recipe items, Cover and cook on high 4 hours; on low 6-8 hours or overnight. Remove the chicken breasts and shred the meat before returning it to the pot. Place 8 oz of cream cheese and 1 cup half and half in which you have dissolved approximately ½ cup cornstarch. Stir until cornstarch is incorporated in the soup. Cook on low until the cream cheese has melted. The soup should be thickened with the cornstarch and ready to serve.

Choose the toppings you want to include however it’s important to include at least tortilla strips, cilantro and avocado for their taste and texture. . . Enjoy!

**Shylah Crowder’s Slow Cooker Nacho Soup, submitted by Margaret Wick**

Ingredients

2 pounds chicken breast, boneless, skinless

1 large onion, diced

3 cloves garlic, minced

1 tablespoon chili powder

2 teaspoons cumin

1 teaspoon paprika

1 teaspoon salt

1 teaspoon black pepper

6 cups chicken broth

1 can diced tomatoes

1 can black beans

1 cup heavy cream

1 cup cheddar cheese

1 cup monterey jack cheese

Garnish

sour cream

additional cheese

tortilla chips

cilantro

diced tomatoes

Directions

1. Place chicken, onion, garlic and spices into a 6-quart slow cooker. Using a set of tongs or a large spoon, mix the ingredients together. Once mixed, pour in chicken broth.

2. Set slow cooker to HIGH, cover and cook for 3 hours.

3. After 3 hours remove and shred the chicken into bite-sized pieces.

4. Return shredded chicken to the slow cooker and add tomatoes, beans, heavy cream and cheese. Cover and set slow cooker to the LOW setting.

5. Let soup cook for an additional 45 minutes.

6. Ladle soup into bowl and top with favorite nacho toppings. Serve with tortilla chips.

7. Enjoy!

**Garbanzo Bean Soup with Chorizo (Jim’s recipe) Submitted by Margaret Wick**

Ingredients

1 lb. dried chick-peas (garbanzos) (have done this with canned when in a hurry)

approx. 3 quarts of cold water

1 small ham bone w/meat (I have made without for vegetarians, but a Honey Baked ham bone is great)

3 sprigs of parsley

½ lb of chorizo, skinned, & sliced

2 medium onions, peeled & chopped

2 cloves of garlic, peeled & crushed or chopped

2 medium carrots, peeled & sliced thin

½ t oregano

¼ t thyme

¼ t coriander

1 ½ t salt (or to taste)

¼ t pepper (or to taste)

Directions

1. Cover garbanzo beans with water & soak overnight. Drain & rinse.

2. In a soup pot, add new cold water to the garbanzo beans & add ham bone, & parsley. Cover & simmer for an hour.

3. In a skillet, brown the chorizo. Lift out with a slotted spoon & set aside (put on paper towel if greasy).

4. In the drippings, sauté onions, garlic, & carrots.

5. Add onions, garlic, & carrots to the soup pot, and cook for 1-1 ½ hours or until the beans are tender.

6. Lift out the ham bone & parsley. Discard the parsley. Cut off any meat from the ham bone, chop it, & save for later.

7. Puree the soup (with everything except the ham & chorizo). It’s quick with the immersion blender, but you can use a blender or food processor.

8. Add in the chorizo and ham pieces.

9. Season to taste.