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THE  
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## SAUSAGE, WHITE BEAN, AND POTATO SOUP

### INGREDIENTS

2 Tbsp. olive oil  
1 14-oz. pkg. smoked sausage links, such as kielbasa or andouille, halved lengthwise and cut in ½-inch slices  
2 cups chopped onions  
½ cup chopped celery  
½ cup chopped carrot  
3 cloves garlic, minced  
1 lb. great Northern beans, picked through\*, soaked overnight in 8 cups water, drained, and rinsed  
2 32-oz. boxes chicken broth  
1 bay leaf  
1 tsp. dried Italian seasoning, crushed  
¼ tsp. black pepper  
8 cups torn fresh stemmed kale  
8 oz. whole tiny new potatoes, quartered

### DIRECTIONS

**Soak: 8 hours Prep: 30 minutes Cook: 1 hour 20 minutes**

In an 8-qt. Dutch oven heat 1 Tbsp. of the oil over medium-high heat. Add sausage and cook about 3 minutes or until browned, stirring occasionally. Remove from pan. Add remaining oil to pan. Add onions, celery, carrot, and garlic. Cook and stir 8 to 10 minutes or until tender. Stir in beans, broth, sausage, bay leaf, Italian seasoning, and pepper. Bring to boiling; reduce heat. Cover and simmer about 1 hour or until beans are tender, stirring occasionally.

Add kale and potatoes to Dutch oven. Return to boiling. Reduce heat; cover and simmer about 20 minutes or until potatoes are tender, stirring occasionally. Remove and discard bay leaf.

Makes 8 servings

\* Tip: To pick through dry beans, spread them on a large rimmed baking pan. Examine closely, discarding shriveled beans and small stones.



## CHICKEN, WILD RICE, & MUSHROOM SOUP

### INGREDIENTS

3 14.5-oz. cans chicken broth  
1 cup chopped carrot  
½ cup chopped onion  
½ cup chopped celery  
½ cup uncooked wild rice, rinsed & drained  
2 tsp. snipped fresh thyme or ½ tsp. dried thyme, crushed  
3 cups sliced fresh cremini or button mushrooms  
3 Tbsp. butter  
¼ cup all-purpose flour  
¼ tsp. salt  
¼ tsp. black pepper  
1 cup heavy cream  
2 Tbsp. cooking sherry (optional)  
2 cups chopped cooked chicken or turkey

### DIRECTIONS

**Prep: 15 minutes Cook: 45 minutes**

In a 4-qt. Dutch oven combine 2 cans of the broth, the carrot, onion, celery, wild rice, and dried thyme (if using). Bring to boiling; reduce heat. Simmer, covered, 40 to 45 minutes or until rice is tender but still chewy, adding mushrooms and fresh thyme (if using) during the last 5 minutes of cooking.

Meanwhile, in a medium saucepan melt butter over medium heat. Stir in flour, salt, and pepper. Add the remaining 1 can broth. Cook and stir until thickened and bubbly. Cook and stir 1 minute more; stir in cream and sherry (if using). Add cream mixture to rice mixture, stirring constantly. Stir in chicken; heat through. If desired, sprinkle with additional black pepper.

Makes 8 cups



# ROASTED TOMATO AND POBLANO SOUP

## INGREDIENTS

Nonstick cooking spray  
2½ lbs. roma tomatoes, quartered  
3 cloves garlic, unpeeled  
2 Tbsp. olive oil  
½ tsp. salt  
4 fresh poblano chile peppers  
2 red sweet peppers  
1 large onion, chopped  
1 32-oz. box reduced-sodium chicken broth  
1 tsp. dried oregano, crushed  
1 tsp. ground cumin  
Crumbled queso fresco (optional)  
Pepitas (optional)  
Snipped fresh cilantro (optional)

*\*Tip: If you don't have an immersion blender, place tomatoes and juices in a food processor or blender. Cover and pulse until nearly smooth; set aside.*

## DIRECTIONS

**Prep: 30 minutes Roast: 50 minutes Stand: 15 minutes Cook: 25 minutes**

1. Preheat oven to 425°F. Line two 15x10-inch baking pans with foil; lightly coat foil with cooking spray. Place tomatoes and garlic in one prepared baking pan. Add 1 Tbsp. olive oil and the salt; toss to coat. Roast tomatoes 25 minutes.
2. Cut poblano peppers and sweet peppers in half lengthwise; remove stems, seeds, and membranes. Place pepper halves, cut sides down, on the second prepared baking pan. Add to oven with tomatoes; roast 20 to 25 minutes more or until peppers and tomatoes are lightly charred and very tender. Bring foil up around peppers and fold edges together to enclose. Let stand about 15 minutes or until cool enough to handle. Peel garlic; discard skins. Using a sharp knife, loosen edges of skins on peppers; gently pull off skins in strips and discard. Cut up peppers.
3. Meanwhile, in a 4-qt. Dutch oven heat remaining 1 Tbsp. oil over medium heat. Add onion; cook about 7 minutes or until tender, stirring occasionally. Add tomatoes, peppers, garlic, broth, oregano, and cumin. Using an immersion blender\*, blend mixture until smooth. Bring to boiling; reduce heat. Simmer, covered, 15 minutes to blend flavors, stirring occasionally. If desired, top with crumbled queso fresco, pepitas, and cilantro.

Makes 8 servings