

## **MAUNDY THURSDAY FISH CHOWDER**

### **INGREDIENTS**

**1 cup chopped onion**

**4 Tablespoons butter or margarine**

**4 cups peeled and sliced potatoes (add carrots and celery if desired)**

**2 teaspoons salt**

**1/2 teaspoon basil**

**1/2 teaspoon pepper**

**2 cups water**

**1 pound frozen cod or haddock, partly defrosted and cut into cubes**

**1 can (or 12-16 ounces) whole-kernel corn**

**1 can evaporated milk**

### **DIRECTIONS**

- 1. Sauté onion; add potatoes (and chopped carrots and celery if desired), salt, basil, pepper and water. Cover and simmer for 15 minutes.**
- 2. Place fish on top of potatoes. Cover and simmer for 15 minutes or until fish and potatoes are done.**
- 3. Stir in corn (and liquid) and evaporated milk. Cover. Heat just to boiling. Sprinkle with parsley. Serves 6.**

### **NOTES**

- 1. When I was growing up, this soup was served every year at the First Baptist Church in Ithaca for a communal dinner before the Maundy Thursday service. It lends itself to adaptation, as noted below.**
- 2. The recipe comes from an era when canned milk was popular; I have made it with full-fat evaporated, non-fat evaporated, and fresh whole milk.**
- 3. To be vegan, use margarine, eliminate fish, use your preferred non-dairy milk substitute.**

## TUSCAN BEAN SOUP

### INGREDIENTS

<b>1 Tablespoon olive oil</b>	<b>1 1/2 cups tomato puree</b>
<b>2 carrots, diced small</b>	<b>1 cup water</b>
<b>2 celery stalks, diced small</b>	<b>1/4 teaspoon salt</b>
<b>1 small onion, diced small</b>	<b>1/4 teaspoon black pepper</b>
<b>2 garlic cloves, minced</b>	<b>2 handfuls of chopped chard, arugula, or spinach (if desired)</b>
<b>3 cans (14-15.5 ounces each) beans</b>	<b>1-2 spicy turkey sausages, diced (if desired)</b>
<b>1 can (14.5 ounces) chicken broth</b>	

### DIRECTIONS

- 1. In large saucepot, heat oil over medium heat. Add carrots, celery and onion, and cook 4-5 minutes or until vegetables are soft and onion is translucent, stirring occasionally. Add garlic and cook 1 minute, stirring occasionally.**
- 2. Add beans, broth, tomato puree, water (and greens and sausage if desired). Heat to boiling over high heat; reduce heat to simmering. Cover and simmer 45 minutes; stir in salt and pepper. Serves 6.**

### NOTES

- 1. A staple in my kitchen, this soup keeps well, and can be frozen for later.**
- 2. I always use a mix of beans, typically black, cannellini, kidney, chick peas or chili beans, but any cooked legumes work!**
- 3. I often use jalapeno or andouille turkey sausage, diced very small. If you don't want to use meat, consider adding some hot pepper if you like soup spicy.**