

# Celebrity Chefs

## Pulse Soups to Ward off Winter Chills



### IN BRIEF

From our kitchen to yours, celebrity chefs share their favourite pulse recipes.

In this issue, our chefs bring you traditional and not-so-traditional recipes for homemade soup. The recipes are sure to warm your heart during a cold Saskatchewan winter. SPG Board Chair, Jim Moen and his wife Nancy provide a recipe for traditional pea soup. Federal Minister of Agriculture and Agri-Food, Gerry Ritz weighs in with a bean soup recipe and Calvin Sonntag, President and CEO of Philom Bios, spices things up with his homemade hamburger soup. Let us know which one your family likes best!

Do you have a favourite pulse recipe to share with our readers? Send it via email to [pulse@saskpulse.com](mailto:pulse@saskpulse.com) or fax it to 306-668-5557, along with your contact information. Happy Cooking! 

### Auntie Yvette's Pea Soup

(Nancy's Great Aunt from Montreal)

Jim Moen,  
Chair, SPG Board of Directors



- 2 cups dry yellow peas
- 12 cups cold water
- 1 ham bone with some meat attached
- ½ cup chopped onion
- 1 medium stalk celery chopped
- 1 ½ tsp salt
- ½ tsp pepper
- 1 bay leaf

Put peas into a large strainer and rinse thoroughly under cold running water. Turn into a large soup pot and add cold water to cover peas. Cover and let stand in cool place overnight. Three hours before mealtime add all remaining ingredients and simmer covered for 3 hours, stirring frequently. At serving time take out ham bone and bay leaf and discard. With a slotted spoon, lift out any pieces of ham that have fallen off the bone and chop, then return to soup. Enjoy!

**Comments from Jim:** This soup is great as a noon meal with French bread.

### Hearty Bean Soup

Gerry Ritz  
Federal Minister of Agriculture and Agri-Food



Soak 1 cup of bean and lentil mixture in water for 4-5 hours. Drain.

Take a good-sized round beef steak and cut into small pieces. Put in crockpot. Add ½ cup of diced onion and 5-6 cups of water. Put crockpot on high for 3-4 hours.

Turn crockpot to low and add:

- 1 cup diced celery
- 1 cup diced carrots
- 1 cup sliced mushrooms
- 2 beef bouillon cubes
- 1 can mushroom soup
- drained bean mixture

Season to taste with salt, pepper, basil and steak spice (about ½ tsp of each), a shake or two of cracked chili peppers (optional) and parsley flakes (about ½ tsp).

Leave on low for 6-8 hours or overnight.

**Comments from Gerry:** A thick, hearty lunch for a chilly, Saskatchewan day.

### Calvin's Spicy Hamburger Soup

Calvin Sonntag,  
President and CEO, Philom Bios



- 1 lb ground beef
- ½ tsp pepper
- 4-5 cloves minced garlic
- 1 cup uncooked whole wheat pasta
- 1 red or green pepper, chopped
- 1 cup broccoli or cauliflower flowerettes
- 1 can (28 oz/796 ml) stewed tomatoes
- 1 can (19 oz/540 ml) chickpeas or dry beans
- 1 can (19 oz/540 ml) lentils
- 1 can corn
- 7 cups chicken stock
- 1 tbsp vegetable oil
- 1 tsp summer savory
- 1 tsp oregano
- 1 large onion, chopped
- A few carrots, chopped
- 2 tsp thyme
- 1 tsp basil
- Salt to taste

Brown ground beef, adding ¼ tsp pepper and 1-2 cloves minced garlic near the end of the browning process. In large pot, cook pasta until al dente; drain and rinse under cold water.

Cook onions until softened (3-5 minutes). Add stock, carrots, garlic, other veggies; simmer and cook until all veggies are tender (3-5 minutes). Stir in pasta, stewed tomatoes, ground beef, pulses, and spices. Simmer for 5-10 minutes. Makes about 16 servings.

**Comments from Calvin:** I have never made this soup the same way twice. Try experimenting with pearly barley instead of pasta, or different pulses or veggies. Enjoy!