

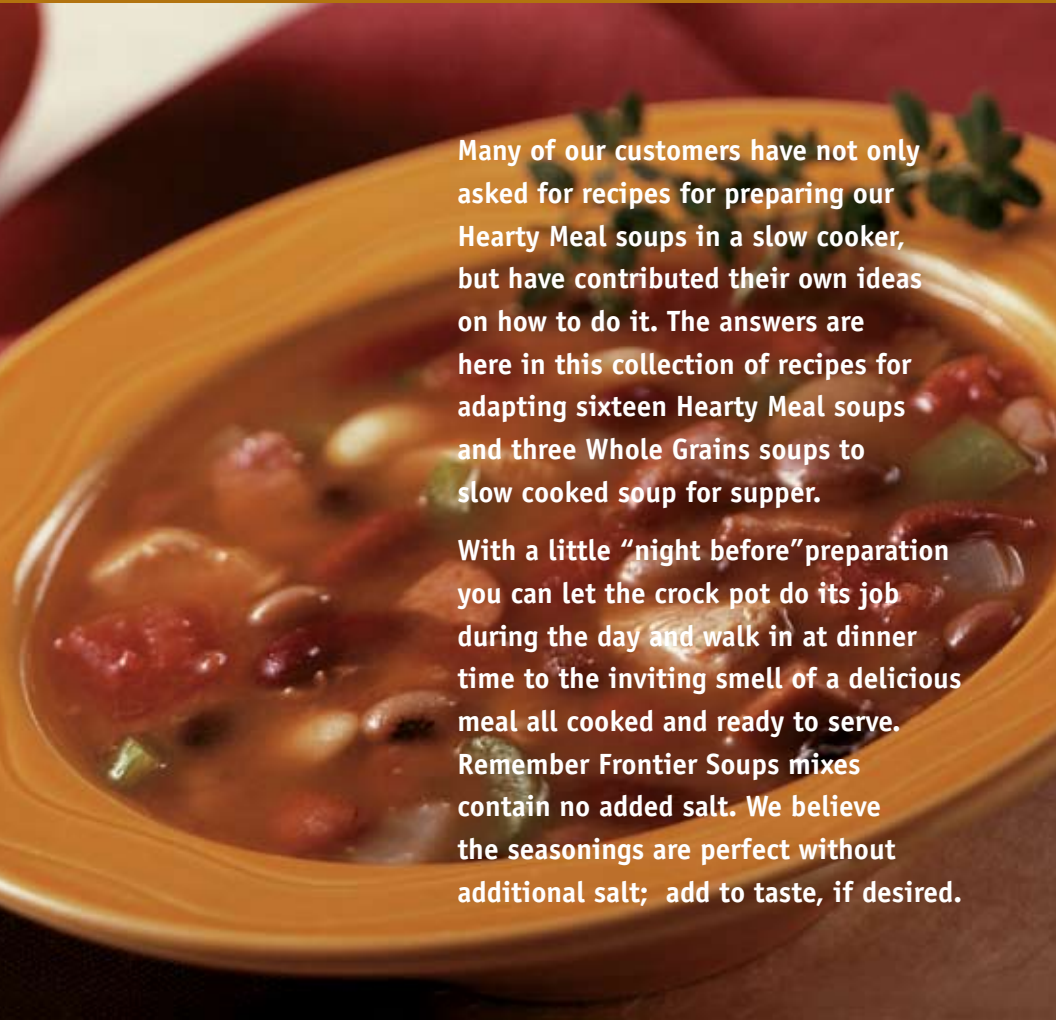


simply satisfying meals

Frontier Hearty Meal Soups

DINNER IN EIGHT...hours!

8-Hour Slow Cooker Preparations

A close-up photograph of a bowl of hearty soup. The soup is filled with various ingredients, including beans, tomatoes, and green vegetables. The bowl is yellow and sits on a dark red surface. The background is slightly blurred, focusing attention on the soup.

Many of our customers have not only asked for recipes for preparing our Hearty Meal soups in a slow cooker, but have contributed their own ideas on how to do it. The answers are here in this collection of recipes for adapting sixteen Hearty Meal soups and three Whole Grains soups to slow cooked soup for supper.

With a little "night before" preparation you can let the crock pot do its job during the day and walk in at dinner time to the inviting smell of a delicious meal all cooked and ready to serve. Remember Frontier Soups mixes contain no added salt. We believe the seasonings are perfect without additional salt; add to taste, if desired.

Slow cooking tips

The slow cooker utilizes a moist method of cooking. To work efficiently the pot should always be covered and between half to three-quarters full. A four-quart slow cooker is suitable for most recipes except the larger soups, see slow cooker note on recipes. People who use slow cookers frequently find having both a smaller 3-or 4-quart and a larger 6-quart helpful.

Note that cooking times are approximate as crock pot temperatures vary and at low temperatures of 200 degrees on LOW or 300 degrees on HI, an hour one way or the other isn't too critical. In general, a recipe that cooks eight hours on LOW, alternatively, can be cooked four hours on HIGH.

Some of our most fantastic hearty winter soups are based on beans. High in nutrition, beans offer the perfect marriage to flavorful meats. No wonder pork and beans has been a staple of American cooking for over 200 years. Frontier Soups uses premium beans, the freshest available. If you think your package is "older" than two years, the beans may require a little longer cooking time as dry products continue to dry.

Do you know beans about beans?

Not only does bean soup make a great tasting meal, it offers terrific nutritional value as well.

Beans are part of the legume family including beans, peas, and lentils. They provide two kinds of fiber. Soluble fiber acts like a little sponge to mop up the bad LDL and lower cholesterol, a foil

against heart disease. You get this kind of fiber in cereal. But beans also contain insoluble fiber that provides roughage that aids digestion and intestinal health, and has been shown in studies to contribute to weight loss.

In addition, beans especially pintos and kidney beans contain omega 3's, an important nutrient that scientists are finding has hopeful correlations as an anti-inflammatory for arthritis and heart disease, and with mental health. Legumes contribute potassium, magnesium, and folic acid to the diet—*minerals chronically deficient in the standard American diet, and vital for the normal functioning of the heart and circulatory system.*

To prepare the beans we usually recommend soaking the beans at room temperature first, and/or refrigerating the beans in plenty of fresh water overnight. According to the characteristics of the specific bean, this essential step varies to insure that we meet our goal of having soup ready for dinner time. We've also offered optional directions to save time in the morning by doing some preliminary preparation the night before. In the morning the soup assembles easily. Turn on the crock pot, and leave home for the day while your dinner cooks!

Send us your comments and your own inventive variations to info@frontiersoups.com. Find more Frontier Soups' recipes for dishes from soup to nuts on our website at www.frontiersoups.com

California Gold Rush WHITE BEAN chili™

**Recommended slow cooker: 3-4 quart
Serves 5**

What you need:

- 2 T. Oil
- 1 Lb. Fresh Ground Turkey or Turkey Italian Sausage
- 1 14-oz. Can Artichoke Hearts, drained and quartered or 1 box frozen hearts
- 6 Cups Chicken Broth



Slow Cooker Directions:

Preparing the Beans the night before:

- Rinse, drain and pick over the beans.
- Place beans in a bowl with 2 quarts water and refrigerate overnight.

Assembling the Soup in the morning (or the night before):

- In a skillet, sauté ground turkey or chicken in oil over medium heat. Stir in contents of vegetable packet.
- Transfer seasoned turkey to bowl of slow cooker. *(May cover and refrigerate overnight.)*

Cooking:

- Drain beans and add to slow cooker with broth and artichoke hearts.
- Cover and cook on low for 8 hours.
- Optional: Serve with lime wedges, sour cream, or shredded cheddar cheese

Leftovers? Reheat and serve in taco shells with slices of fresh avocado and sour cream.

Dakota Territory™
BEEF BARLEY BEAN
stew

Recommended slow cooker: 6 quart
Serves 8-10



What you need:

- 2 T. Butter
- 1 Very Large Onion, sliced
- 2-3 lbs. Beef Stew Meat or Oxtails,
or use combination of both
- 10 C. Beef Broth
- Plenty of Freshly Ground Black Pepper
- 2-3 Turnips, or potatoes, peeled & diced
- ½ Lb. Fresh Mushrooms, sliced
- ¼ C. Sherry

Slow Cooker Directions:

- In large skillet, brown meat and onion in butter.
Drain and transfer to bowl of crock pot.
(May cover and refrigerate overnight.)
- Add contents of Dakota Soup Mix, broth, turnips,
mushrooms and pepper to crock pot, stir well.
- Cover and cook on LOW for 8 hours.
- Stir in sherry.
- Remove bouquet garni before serving.

*This stewy soup can be frozen and reheated for a rich
and robust dinner.*

Illinois Prairie
CORN CHOWDER™

Recommended crock pot: 4 quart
Serves 6 - 8



What you need:

- 2-3 White Potatoes
- 7 C. Chicken Broth
- 2 C. Heavy Cream

*Optional: When fresh corn is available, cut the
kernels off 2 or 3 and set aside. Add cobs to
the broth with the potatoes and continue with
the recipe. Remove cobs and add the fresh corn
with the cream. For meatier chowder,
add diced chicken breast, crabmeat or clams.*

Slow Cooker Directions:

- Peel and dice potatoes and place in a slow cooker.
- Add chicken broth and contents of *Illinois Prairie Soup Mix*.
Cover and cook on LOW for 8 hours.
- Add cream and any optional additions, stir and continue to
cook 1 hour on HI. Remove bay leaf before serving.

This luscious soup is a favorite in any season!

Indiana Harvest
SAUSAGE LENTIL
soup™

Recommended crock pot: 6 quart
Serves 8 - 10

What you need:

- 1 T. Olive Oil
- 1 lb. Mild Italian Sausage
- 10 C. Beef Broth
- 2 Medium Zucchini, diced or 1 box frozen spinach
- 1 28-oz. Can Chopped Tomatoes
- 1 C. Red Wine



Slow Cooker Directions:

- In large skillet crumble and brown sausage in oil, stir in contents of seasoning packet.
- Transfer to bowl of slow cooker and add zucchini. *(May cover and refrigerate overnight.)*
- Rinse, drain and pick over lentils, place into slow cooker, add broth and stir well.
- Cover and cook on LOW 8 hours.
- Add tomatoes, wine, cook 30 minutes and serve.

An all time favorite soup, enjoy with family and friends.

Kansas Sunflower
YELLOW PEA
soup™

Recommended slow cooker: 3 quart
Serves 4

What you need:

- 1 T. Each Butter and Oil
- 6 C. Chicken or Vegetable Broth
- Juice of ½ Lemon
- Optional: 2 T. Sherry
- 1 C. Plain Yogurt



Slow Cooker Directions:

- Rinse, drain and pick over peas.
- Saute contents of large vegetable packet quickly in oil and butter in small saucepan.
- Transfer seasonings to slow cooker.
- Add chicken broth and peas, stir well, cover and cook on LOW 8 hours.
- While soup cooks, stir contents of small spice packet into yogurt and refrigerate.
- Puree the soup in batches in food processor or Foley food mill.
- Return to pot and stir in lemon juice and cook 30 minutes.
- Serve with a dollop of yogurt mixture on top

Yellow Split peas are a staple of Swedish cooking and highly nutritious. This vegetarian recipe can be adapted to traditional pea soup recipes with the additional of a ham bone during cooking.

Louisiana RED BEAN gumbo™

Recommended slow cooker: 4-6 quart
Serves 8



What you need:

- 1 T. Oil
- 1 lb. Sausage
(any variety fresh or smoked sausage)
- 12 Cups Chicken Broth
- 10 oz. Fresh or Frozen Chopped Greens
(Okra is traditional, but Spinach, Swiss Chard or Turnip Greens are delicious)
- 2 Cups Cut-up Cooked Chicken or Duck

Slow Cooker Directions:

Preparation in the morning *(or the night before):*

- Crumble and brown sausage in oil over medium heat in large skillet.
- Add contents of seasoning packet, stir 1 minute, and transfer to bowl of slow cooker. *(May cover and refrigerate overnight.)*

Cooking:

- Rinse, drain and pick over beans. Place into crock pot with sausage mixture and add chicken broth.
- Cover and cook on HI 6-8 hours.
- Add rice, greens and chicken and cook 1 hour on HI.

A thick and delicious Southern Specialty!

Michigan SKI COUNTRY chili™

Recommended slow cooker: 4 quart
Serves 6



What you need:

- 1 T. Oil
- ½ lb. Thinly Sliced Pork
- 1½ Lb. Ground Chuck
- 2 T. Brown Sugar
- Salt & Pepper
- 1 14.5-oz. Can Diced Tomatoes
- 2 14.5-oz. Cans Beef Broth
- 1 Cup Red Wine

Slow Cooker Directions:

Preparing the Beans the night before:

- Rinse, drain and pick over the beans.
- Place in a bowl with 2 quarts water and soak for 2 hours at room temperature. Drain and rinse beans, cover with plenty of fresh water and refrigerate overnight.

Assembling the soup in the morning *(or the night before):*

- In large skillet saute pork slices in oil.
- Crumble beef and add to skillet, continue to brown.
- Stir in contents of vegetable packet and brown sugar.
(For milder chili, remove one chili pepper.)
- Transfer all ingredients to bowl of slow cooker.
(May cover and refrigerate overnight.)

Cooking:

- Drain beans and add to crock pot with broth. Cover and cook on LOW 7-8 hours.
- Add tomatoes, wine, and cover and cook 1 hour longer.
- Add salt and pepper to taste, remove chili peppers and bay leaves before serving.
- Optional toppings: Sour Cream, Grated Cheddar Cheese or Tortilla Chips.

Minnesota Heartland
ELEVEN BEAN
soup™

Recommended crock pot: 6-7 quarts
Serves 10



What you need:

- 11 C. Water
- Freshly Ground Pepper
- 1 Smoked Ham Hock
(Can substitute Smoked Turkey Leg)
- 1 28-oz. Can Italian-style Tomatoes, Chopped
- 2 C. Onion, Chopped
- 2 C. Celery, sliced
- 2+ Cloves, Garlic minced
- 1 Green Pepper, chopped
- 1 T. Salt, if desired
- 2 Chicken Breasts Halves, sliced into small pieces
(Partially frozen chicken cuts easily)
- 1 lb. Smoked Kielbasa Sausage, sliced lengthwise and then again crosswise for little pieces.
(Can substitute a flavorful Chicken Sausage)

Slow Cooker Directions:

Preparing the Beans the night before:

- Rinse, drain and pick over beans.
- Place beans in a large slow cooker with water, ham hock, and bouquet garni.
- Cover and cook on HI setting for 2-3 hours.
- Turn off heat and place covered crock pot in refrigerator overnight.

Assembling and cooking soup in the morning:

- Add tomatoes, onion, celery, garlic and green pepper, and stir well.
- Add sausage and chicken, pepper to taste.
- Cover and cook on LOW for 8 hours.
- Remove bouquet garni before serving.

With French bread and a green salad, this soup makes a hearty dinner for a crowd!

Nebraska Barnraising
GREEN PEA
soup™

Recommended slow cooker: 3-4 quart
Serves 4

What you need:

- 6 Pieces Bacon *(or a Meaty Ham Bone)*
- 8 C. of Chicken Broth
- ½ C. of Sherry, optional

Slow Cooker Directions:

- Rinse, drain and pick over peas.
- Cut bacon into ½ inch pieces and sauté about 10 minutes in small skillet until nearly crisp.
- Add contents of vegetable packet, stir and transfer to bowl of slow cooker.
- Add peas and broth, stir thoroughly. Cover and cook on LOW 8-10 hours.
- Serve with croutons and sherry.

This traditional pea soup is perfect for farmhands, friends or family!



New England Seaport
FISHERMAN'S
stew™

Recommended slow cooker: 3-4 quart
Serves 5-6



What you need:

- 6 T. Butter
- 1 Lb. Fresh Fish (*Snapper, Halibut, Sea Bass, Scrod*)
cut into 1-inch pieces or Peeled Shrimp
- ½ Cup Flour
- 6 Cups Beef Broth
- 1 Can (11.5 oz.) V-8 Juice
- ½ Cup Stuffed Green Olives, Sliced
- ¾ Cup Sherry
- Salt and Pepper to Taste

Slow Cooker Directions:

Preparing the Beans the night before:

- Place in a bowl with 2 quarts water, and refrigerate overnight.

Assembling the soup in the morning (or the night before):

- In a medium saucepan sauté contents of vegetable packet in melted butter, add flour and stir to coat.
- Add beef broth, V-8 juice and stir.
- Transfer broth mixture to bowl of slow cooker.
(*May cover and refrigerate overnight.*)

Cooking:

- Drain beans and stir into crock pot, cover and cook on HI for 7-8 hours.
- Add fish (cut into 1-inch pieces) or shrimp, olives and sherry.
- Continue on LOW one hour, and serve.

Serve this stew with a side pitcher of additional sherry!

New Mexico Mesa
SPICY FIESTA
soup™

Recommended Slow Cooker: 4-6 quart
Serves 8

What you need:

- 2 T. Oil
- 1 Whole Chicken Breast
- 1 lb. Chorizo Sausage (*or other, such as Mild or Hot Italian*)
- 8 C. Chicken Broth
- 1 28-oz. Can Diced Tomatoes with Juice or Crushed Tomatoes
- ½ t. Freshly Ground Pepper



Slow Cooker Directions:

Assembling the soup in the morning (or the night before):

- Dice chicken and crumble sausage into large skillet with oil and sauté 10 minutes.
- Add contents of vegetable packet and stir for 3 minutes.
- Transfer sausage mixture to bowl of slow cooker.
(*May cover and refrigerate overnight.*)

Cooking:

- Rinse, drain and pick over beans and add to crock pot with broth.
- Cover and cook on HI 8 hours. (*The garbanzo is a hard bean—it should be firm but not crunchy.*)
- Add tomatoes and fresh pepper, cook for 1 hour longer, and serve.

This full bodied soup is also full of flavor. We call it a Southwestern Stew and garnish with tortilla chips for a party presentation.

New York Corner Cafe
MINISTRONE

Recommended slow cooker: 6 quart
Serves 8

What you need:

- 6 Slices Bacon
- 1 Purple Onion, diced
- 10 Cups Beef Broth
- 8 oz. Fresh (or 1 Box Frozen) Brussel Sprouts, quartered
- Or 2 Cups Shredded Cabbage
- 1 28-oz. Can Diced Tomatoes



Slow Cooker Directions:

Preparing the Beans the night before:

- Rinse, drain and pick over the beans.
- Place in a bowl with 2 quarts water and refrigerate overnight.

Assembling the Soup in the morning (or the night before):

- Cut bacon in 1/2 inch pieces and sauté over medium heat in a skillet until nearly crisp.
- Add onion and contents of vegetable packet and sauté 5 minutes on low heat.
- Transfer mixture to bowl of slow cooker.
(May cover and refrigerate overnight.)

Cooking:

- Drain beans and add with broth to crock pot. Cover and cook on LOW 8 hours.
- Add tomatoes and Brussels sprouts. Cover and turn heat to HI for 1 hour. Add pasta last 30 minutes.

A gorgeous Italian "BIG" soup with pasta and beans.

Ohio Valley
VEGETABLE
soup™

This soup takes less than 1 1/2 hours to make on the stove, so the crock pot may not offer much convenience.

Recommended slow cooker: 4 quart
Serves 6-8

What you need:

- 2 T. Olive Oil
- 1 T. Butter
- 2-3 Cloves Garlic, minced
- 6 C. Chicken or Vegetable Broth
- 2 C. Water
- 1 10 oz. Box Frozen or Fresh Sugar Snap Peas
- Juice of 1 Lemon

Optional: Leftover Turkey meat, cut up



Slow Cooker Directions:

- In a skillet, sauté garlic and oil on low heat for 1 minute. Add vegetable contents of mix and toss lightly.
- Transfer sautéed ingredients to slow cooker. Add broth, water and turkey, if desired. Stir well.
- Cover and cook on LOW 8 hours.
(This soup is perhaps better cooked 3-4 hours on HI.)
- Turn up heat to HI and add peas lemon juice and macaroni pasta. Cook 30 minutes and serve.

A bountiful medley of summer vegetables makes this soup a year-round favorite!

Texas Wrangler
BLACK BEAN
soup™

Recommended slow cooker: 3-4 quart
Serves 4

What you need:

2 T. Olive Oil
1 Large Purple Onion, chopped
6 Cloves Garlic, minced
Fresh Ground Pepper
6 C. Chicken Broth
1 tsp. Salt, optional
1 C. Orange or Grapefruit Juice
Optional: 1/3 C. Sherry



Slow Cooker Directions:

Preparing the soup in the morning (or the night before):

- In a large skillet over medium heat, sauté onion in oil for 10 minutes, add the garlic the last 2 minutes.
- Add contents of the Vegetable Packet and sauté 3 minutes on low. *(May transfer to bowl of crock pot, cover and refrigerate overnight.)*

Cooking:

- Rinse, drain and pick over beans. Add to slow cooker with broth and sautéed onion mixture.
- Cover and cook on HI for 8 hours.
- Remove half or more of the soup to a food processor and puree or blend until smooth and return to pot, or use an immersion hand blender and puree to desired consistency.
- Add orange juice, salt and pepper to taste, stir thoroughly and serve. If soup is too thick, add 1/2 cup of water or broth to thin.

Serve this delicious black bean bonanza topped with sour cream, chopped, fresh purple onion and blue tortilla chips for garnish.

Wisconsin Lakeshore
WILD RICE
soup™

Recommended slow cooker: 4 quart
Serves 6

What you need:

3 T. Oil or Butter, or 1 1/2 T. each
8 C. Chicken Broth
1 Quartered Chicken *(or 2 Whole Chicken Breasts)*
Freshly Ground Pepper
1 10 oz. Box Frozen Peas or Asparagus Pieces
Optional: 1 C. White Wine



Slow Cooker Directions:

- In a skillet, toss contents of vegetables in packet lightly in butter and oil over low heat.
- Rinse wild rice and add to bowl of crock pot with chicken and broth.
- Transfer vegetables to crock pot, stir well. Cover and cook on LOW 8 hours.
- Remove chicken to cool. Cut chicken off bones and return to crock pot. Season with pepper. *(Some cooks use boneless chicken breast, cut into small strips, to avoid the messy step of cutting meat off the bones.)*
- Add peas, wine and pasta. Cook for 30 minutes and serve.

*This subtly seasoned chicken soup comforts the heart and soul.
A delightful meal for family and friends!*


Cranberry Bean soup™

**Recommended slow cooker: 4-6 quart
Serves 8**

What you need:

- 2 T. Olive Oil
- 1 Large Purple Onion, Chopped
- 8 Cups Chicken Broth
- 1 Lb. Turkey or Chicken Sausage, Cut-up or Crumbled*
- 1 10-oz. box frozen spinach or bagged fresh spinach



Slow Cooker Directions:

Preparing the Beans the night before:

- Rinse, drain, and pick over beans.
- Place beans in a bowl, cover with 2 quarts water and refrigerate overnight.

Assembling the soup in the morning (or night before):

- In large skillet sauté onion and sausage in oil about 10 minutes over medium heat.
- Stir in contents of seasoning packet.
- Transfer to bowl of slow cooker and add broth. *(May cover and refrigerate overnight).*

Cooking:

- Drain beans and add to crock pot.
- Cover and cook on LOW 8 hours.
- Add spinach, cook 30 minutes until spinach is absorbed into soup and serve.

**Select from the wide variety of unique sausages available, from tomato basil to breakfast or smoked sausage.*

Iowa Open House
GRAIN & PASTA™
potage



**Recommended crock pot: 4 quart
Serves 6-7**

What you need:

- 1 T. each Oil and Butter
- 1 LB. thinly sliced pork or chicken breast
- 10 Cups Chicken Broth
- 1 10-oz. box frozen or fresh broccoli pieces

Serve this chunky vegetable soup with crusty whole grain bread!

Slow Cooker Directions:

Preparation:

- In a large skillet sauté meat in oil until lightly browned.
- Stir in contents of seasoning packet.
- Transfer mixture to bowl of slow cooker. *(May cover and refrigerate overnight.)*

Cooking:

- Add broth and wild rice to crock pot.
- Cover and cook on LOW for 8 hours.
- Add whole wheat pasta shells, cover, and turn heat to HI for 15 minutes.
- Add broccoli, cook 15 minutes, and serve.

Montana High Plains
WHEAT BERRY™
chili



**Recommended crock pot: 3-4 quart
Serves 6**

What you need:

- 2 T. Oil
- 1 Lb. Ground Turkey or Chicken
- 2 14-oz. Cans Beef Broth
- 1 28-oz. Can Tomato Pieces
- Vegetarian Version: substitute 1 large baby eggplant, diced, not peeled; 1 large sweet onion, chopped for the turkey, and Vegetable broth for the beef broth.*

A full-bodied chili for a real western dinner. Yahoo!

Slow Cooker Directions:

Preparing the wheat berries the night before:

- Place wheat berries in large bowl with 2 quarts fresh water, place in refrigerator overnight.

Assembling the soup in the morning

(or the night before):

- In large skillet sauté ground turkey in oil. Stir in contents of seasoning packet.
- Transfer the turkey mixture to bowl of slow cooker along with broth, tomatoes and red Santaka chili pepper. *(May cover and refrigerate overnight.)*
- Drain the wheat berries and add to crock pot. Stir and cook on LOW for 8 hours.
- Serve with grated cheddar cheese or sour cream on top.

Washington State
SQUASH & LENTIL™
soup



**Recommended crock pot: 4-6 quart
Serves 8-10**

What you need:

- 2 T. Butter
- 1 Large, sweet, yellow onion, chopped
- 4 Cups Butternut Squash, peeled & cubed
- 10 Cups Chicken Broth
- 1 Cup Orange Juice
- 1 15-oz. Can Mandarin Oranges, Drained
- 1 Bunch Fresh Green Onions, Sliced

Slow Cooker Directions:

- In a large skillet sauté butternut squash and chopped onion in butter for 5 minutes. Stir in contents of seasoning packet
- Continue to stir and sauté 3 minutes longer on medium-low, then, transfer to bowl of slow cooker.
- Add broth and lentil/bulgur mix. Cover and cook on LOW 8 hours.
- Add orange juice and mandarin oranges. Cook a few minutes.
- Sprinkle in green onions and serve!

A golden, thick soup, delicious in any season!

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**FOR MORE PRODUCT INFORMATION AND RECIPES
SEE OUR WEBSITE WWW.FRONTIERSOUPS.COM**

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soups, you will find Homemade in Minutes soups
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Connecticut Cottage **CHICKEN NOODLE** Soup

Florida Sunshine **RED PEPPER CORN CHOWDER**

Chicago Bistro **FRENCH ONION** Soup

Idaho Outpost **POTATO LEEK** Soup

Midwest Weekend **CINCEMNATI CHILI**

Missouri **HOMESTEAD GARDEN GAZPACHO**

Mississippi Delta **TOMATO RICE** Soup

New Orleans Creole **JAMBALAYA** Soup

One World **ALPAHBET** Soup

Oregon Lakes **WILD RICE & MUSHROOM** Soup

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